

January 2021

Mon	Tue	Wed	Thurs	Fri
<p>In-person programs are in bold and require pre-registration. Virtual and Telephone programs are in regular font.</p> <p>Please call the Center (207-967-8514) or email Dori at info@seniorcenterkennebunk.org to register or FMI.</p>				
				1 <i>Closed – New Year's Day</i>
4 1:00 Chair Yoga	5 2:00 Redwood Heroes with SLN	6 10:00 Tai Chi	7 9:00 Chair Yoga 10:00 Floor Yoga 10:00 Knitting Group 11:00 Grief Support	8
11 1:00 Chair Yoga	12 1:30 Telephone Bingo 2:00 Live from the Lagoon with SLN	13	14 9:00 Chair Yoga 10:00 Floor Yoga 10:00 Knitting Group 11:00 Grief Support 2:00 Gerda III & "Number the Stars" with SLN	15
18 <i>Closed – Martin Luther King Day</i>	19 2:00 Jefferson's Monticello	20 10:00 Tai Chi 12:00 January Luncheon	21 9:00 Chair Yoga 10:00 Floor Yoga 10:00 Knitting Group 11:00 Grief Support 2:00 The Art and Architecture of Hearst Castle with SLN	22
25 10:30 Dealing with Pandemic Fatigue 1:00 Chair Yoga	26 1:30 Telephone Bingo 2:00 National Portrait Gallery: First Ladies of the U.S with SLN	27 1:00 Book Club	28 9:00 Chair Yoga 10:00 Floor Yoga 10:00 Knitting Group 11:00 Grief Support	29