






January 2019 Senior Program Calendar

S	M	T	Wednesday	Th	F	S
		1	2	3	4	5
			New Year's Celebration: Let's bring in 2019 with fun games, fresh resolutions and a toast for the New Year!			
6	7	8	9	10	11	12
			Board Game Tournament: Monopoly, Chess, Checkers, etc.			
13	14	15	16	17	18	19
			January is National Thank You Month: We'll be doing activities to show appreciation for one another.			
20	21	22	23	24	25	26
			Eye Care with Dr. Ashely Porter: Find out what is normal for your eyes when you are a senior. Learn about what to do for light sensitivity, glaucoma, cataracts, etc.			
27	28	29	30	31		
			Movie: TBA			



The MTA Senior Program meets every Wednesday from 9:30 a.m. - 11:30 a.m. @ Recreation Center 3 unless otherwise noted. Sign up @ the Administration office. Program is free with an MTA card.

