






Moore Area Transportation Only Call 405-799-3130

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1 <i>Happy New Year</i> -CLOSED- New Year's Day	2 9:00 Woodcarving 10:15 Chair Yoga 12:30 Corn Hole	3 9:00 Open Art Studio 10:15 Exercise 11:00 MCOA Installation of Officers 11:15 January Birthday's 12:15 Bingo w/Flora 2:00 Table Tennis 
6 9:00 Classic Movie "Two Mules for Sister Sara" 10:15 Exercise	7 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga	8 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	9 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Jeremy w/Global Health 12:30 Corn Hole	10 9:00 Open Art Studio 10:15 Exercise 12:15 Bingo w/ MCOA 2:00 Table Tennis
13 9:00 Classic Movie "Spencers Mountain" 10:15 Exercise	14 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:00 Library w/Cheyenne 10:15 Chair Yoga	15 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 11:45 Fresh Cobbler provided by Village on the Park 12:30 Board Games 1:00 Afternoon Movie	16 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Brian w/Nutrition 12:30 Corn Hole	17 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
 20 -CLOSED- Martin Luther King, Jr Day	21 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:15 Chair Yoga	22 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	23 9:00 Woodcarving 10:15 Chair Yoga 11:00 Speaker Aaron w/VIP Care 12:30 Corn Hole	24 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis
27 9:00 Classic Movie "Unsinkable Molly Brown" 10:15 Exercise 12:15 Bingo w/Scott	28 8:30 Open Art Studio 9:30 Stretch, Strengthen & Health 10:00 Wii Bowling 10:00 Library w/AJ 10:15 Chair Yoga	29 9:00 Arm Chair Travel 9:00 Woodcarving 10:15 Exercise 12:30 Board Games 1:00 Afternoon Movie	30 9:00 Woodcarving 10:15 Chair Yoga 10:00-11:00 Blood Pressure Checks w/Aspire Specialty Hospital 12:30 Corn Hole	31 9:00 Open Art Studio 10:15 Exercise 2:00 Table Tennis



SIGN UP IN OFFICE

501 East Main St. | 405-799-3130

