



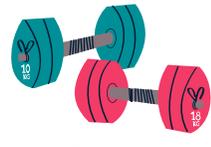
# JANUARY 2026



172 Lake St Coventry, CT 06238

860-742-3525



<p>9:30-Footcare <b>5</b> 10:00- Chair Yoga 11-Cribbage</p>  <p>11:00- Massage w/ Jackie</p>	<p>10:00- FREE <b>6</b> Workout Video 1:00- Bingo</p> 	<p>9:30- Tai Chi <b>7</b></p>  <p>1:00- Setback</p>	<p>9:30- Mahjongg <b>8</b> 10:00- FREE Workout Video</p>  <p>1:00- Sewing</p>	<p>10:00- Grief <b>9</b> Support</p> 
<p><b>12</b> 10:00- Chair Yoga 11-Cribbage</p>  <p>11:00- Massage w/ Andrea</p>	<p>10:00- FREE <b>13</b> Workout Video 1:00- Bingo</p> 	<p>9:30- Tai Chi/ Healing <b>14</b> 10:45 Jam Session 12:00- Rep Tim Ackert 1:00- Setback</p>	<p>9:30- Mahjongg <b>15</b> 10:00- FREE Workout Video 1:00- Sewing 4:00pm- RSVP for out to lunch</p>	<p><b>16</b> 10:30- coffee</p> 
<p><b>19</b>  <b>Closed</b></p>	<p>10:00- FREE <b>20</b> Workout Video 1:00- Bingo 2:00- Tech Tuesday</p>	<p>9:30- Tai Chi <b>21</b></p>  <p>11:30- Out to lunch 1:00- Setback</p>	<p>9:30- Mahjongg <b>22</b> 10:00- FREE Workout Video 11:00- Council Chair Lisa Thomas 1:00- Sewing</p>	<p>9:30- Haircuts <b>23</b></p>  <p>10:00- Grief Support</p>
<p><b>26</b> 10:00- Chair Yoga 11-Cribbage</p> 	<p>10:00- FREE <b>27</b> Workout Video 1:00- Bingo</p> 	<p>9:30- Tai Chi <b>28</b> 10:45 Jam Session 1:00- Setback 1:30- Book Club</p> 	<p>9:30- Mahjongg <b>29</b> 10:00- FREE Workout Video 1:00- Sewing</p> 	<p><b>30</b> 10:30- coffee</p> 
				