





JANUARY 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---|---|--------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 Clemson SNAP-Ed Human Relations Fall Prevention | 10 Grief Support at Senior Action | 11 Spiritual Awareness | 12 Arthritis Exercise  | 13 | 14 |
| 15 | 16 Closed Dr. Martin Luther King Jr.'s Birthday - Observed | 17 Field Trip - TBA | 18 Spiritual Awareness | 19 Sustaining Way | 20 | 21 |
| 22 | 23 Human Relations Fall Prevention | 24 Electronic Assistance  | 25 Spiritual Awareness | 26 Human Relations Fall Prevention | 27 | 28 |
| 29 | 30 Human Relations Fall Prevention | 31 Arthritis Exercise  | | | |  |

CLASS LOCATIONS: Monday & Tuesday Classes are held at the David Hellams Center.
Wednesday & Thursday Classes are held at the Nicholtown Center.