


**Springfield Seniors Community Events
January 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Congregate Meal Programs</u> Anola: Mon. to Fri. @ noon Call Brenda @ 866-3622 Cooks Creek: Mon. Wed. Fri. @ noon Call Jean @ 444-6000</p>	<p><u>Congregate Meal Programs</u> Dugald: Mon. Wed. Fri. @ 5 p.m. Call Debbie @ 853-7499 Oakbank: Mon. Tues. & Fri. @ 5 p.m. Wed. & Thurs. @ noon Call Vivian @ 444-3132</p>			<p>For information on the Springfield Services to Seniors program please call Diane at 444-6128 or email springfieldseniors@mts.net</p>	<p>1</p> <p><i>Happy New Year!</i></p>	<p>2</p>
3	4	5	6	7	8	9
	<p>Go-Getters Bowling Anola Senior Exercise Program @ 10:30 a.m.</p>	<p>Senior Bingo @ 1 p.m. Kin Place Springfield Olympic Torch Run Watch for further details in the community papers! Crib - Kin Place 6:30 p.m. Bingo 7 p.m. Anola Over 50 Club</p>	<p>Foot Clinic - Oakbank Cooks Creek Seniors Club 1 p.m. Bingo 7 p.m. Dugald CC</p>	<p>Bible Study 10 a.m. Sunrise Lodge Silver Threads Seniors Club Bridge – Springfield Library 2 to 4:30</p>	<p>Senior Shopping Trip to Wpg. Call 444-6128 Foot Clinic – Cooks Creek Anola Over 50 Club Dinner 6 p.m. Tickets 866-2693 Card Bingo KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30</p>	
10	11	12	13	14	15	16
	<p>Anola Senior Exercise Program @ 10:30 a.m.</p>	<p>Senior Bingo - 1 p.m. @ Evergreen Lodge Crib - Kin Place 6:30 p.m. Bingo 7 p.m. Anola Over 50 Club</p>	<p>Cooks Creek Seniors Club 1 p.m. Bingo 7 p.m. Dugald CC</p>	<p>Bible Study 10 a.m. Sunrise Lodge Oakbank Senior Exercise Program @ 1 p.m. Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR Bridge – Springfield Library 2 to 4:30</p>	<p>Chair Yoga 10:30 622 Main GBT 1 to 3:30 Springfield Library Whist KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30 p.m.</p>	<p>Dugald CC Breakfast In support of Alzheimer Society 8:30 - 10:30 a.m.</p>
17	18	19	20	21	22	23
	<p>Go-Getters Bowling Foot Clinic - Dugald Anola Senior Exercise Program @ 10:30 a.m.</p>	<p>Senior Bingo @ 1 p.m. Kin Place Crib - Kin Place 6:30 p.m. Bingo 7 p.m. Anola Over 50 Club</p>	<p>Foot Clinic – Anola Food Safe Workshop 9 to 4 Call 444-6128 to register Cooks Creek Seniors Club 1 p.m. Bingo 7 p.m. Dugald CC Caregiver Support Group 7 p.m. KPMP* Please use Entrance C</p>	<p>Bible Study 10 a.m. Sunrise Lodge Oakbank Senior Exercise Program @ 1 p.m. Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR Bridge – Springfield Library 2 to 4:30</p>	<p>Chair Yoga 10:30 622 Main GBT 1 to 3:30 Springfield Library Card Bingo KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30 p.m.</p>	
24	25	26	27	28	29	30
31	<p>Anola Senior Exercise Program @ 10:30 a.m.</p>	<p>Senior Bingo - 1 p.m. @ Evergreen Lodge Bingo 7 p.m. Anola Over 50 Club</p>	<p>Cooks Creek Seniors Club 1 p.m. Bingo 7 p.m. Dugald CC</p>	<p>Bible Study 10 a.m. Sunrise Lodge Oakbank Senior Exercise Program @ 1 p.m. Silver Threads Seniors Club (carpet bowling) @ 1:30 p.m. Kin Place MPR Bridge – Springfield Library 2 to 4:30</p>	<p>Chair Yoga 10:30 622 Main GBT 1 to 3:30 Springfield Library Whist KPMPR at 7 p.m. Whist Anola Over 50 Club 7:30 p.m.</p>	<p>Cooks Creek CC Breakfast 9 to 10:30</p>