

# JANUARY



***5,12,19,26 -Arts & Crafts Share Circle is meeting weekly now on Thursdays @ 10:00AM***

***9, 16, 23,30 –Mexican Train Dominoes , Mondays at 12 noon***

***11- COFFEE TIME*** – Coffee, the increasingly popular beverage of choice by so many has both pro and con health concerns. With so much confusion surrounding this energizing drink, this program will provide determining fact from fiction. What coffee bean, what brew and what is the selection of choice will be discussed. **Wednesday** 1:00PM. Limited seating, RSVP by Monday, January 9<sup>th</sup>.

***16 – MOBILE MEDICAL UNIT (MMU) WILL BE HERE FROM 10AM – 4PM. SCHEDULE YOUR MAMMOGRAM APPOINTMENT BY CALLING 1-888-455-4450 (walk-ins are welcome as schedule permits)***

***19 –Alzheimers & Dementia Caregivers Support Group @3PM***

***26- DEMENTIA FRIENDS TRAINING (FREE) @ 1:00pm  
BECOME A DEMENTIA FRIEND!***