





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
		1 Parks & Recreation Office Closed 	2 11:30a Nutrition	3 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	4 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	5	
6	7 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 2:00p Bingo	8 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	9 11:30a Nutrition	10 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	11 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	12 9am - 6 pm Egg Art <i>Fairsite Classroom #18</i>	
13	14 9:00a Fun Club 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Bingo	15 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	16 11:30a Nutrition	17 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	18 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	19	
20	21 Martin Luther King Jr. Day Parks & Recreation Office Closed	22 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	23 11:30a Nutrition	24 10am Commission on Aging 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	25 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	26	
27	28 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Birthday Cake Bingo	29 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	30 11:30a Nutrition	31 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing			

Parks & Recreation Office
 Gora Aquatic Center
 Meals on Wheels

366-7180
 744-9544
 916-444-9533

S. County Services
 Chabolla Kitchen
 Line Dancing

745-9174
 745-7332
 916-743-9658

Galt Library
 Valley Oaks Grange
 Sacto County Transit Link

745-2066
 570-6788
 745-3052