






Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center JANUARY 2019 Activities				92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	2 9 am Movement in Motion 9 am Needleairs Food Pantry 12:45 pm. Movie	3 8:30 am Pinochle 12:45 pm Bingo	4 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	5 	
6	7 9 am Movement in Motion 12:45 pm Cribbage	8 50's lunch & Sock Hop 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	9 9 am Movement in Motion 9 am Needleairs Food Pantry 1 pm Cooking Class 12:45 pm. Movie	10 8:30 am Pinochle 12:45 pm Bingo	11 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	12	
13 	14 9 am Movement in Motion 12:45 pm Cribbage	15 9 am Yoga 10 am Full Body Exercise 11:30 am Red Rockers @ 12:30 pm Hand & Foot 1 pm Board Meeting	16 9 am Movement in Motion 9 am Needleairs Food Pantry Birthday Celebration 12:45 pm. Movie	17 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check	18 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	19 	
20	21 9 am Movement in Motion 12:45 pm Cribbage	22 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	23 9 am Movement in Motion 9 am Needleairs Food Pantry 12:45 pm. Movie	24 8:30 am Pinochle 12:45 pm Bingo	25 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	26	
27 	28 9 am Movement in Motion 12:45 pm Cribbage	29 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	30 9 am Movement in Motion 9 am Needleairs Food Pantry 12:45 pm. Movie	31 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check		