



# Bugbee Senior Center Activities

## January 2025



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Reservations required for in house meals. Call us before 10:30 to sign up!</b></p>	<p>Lunch is served Monday to Friday at Noon</p>	<p>1</p> <p><b>Happy New Year!</b></p> 	<p>2</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>3</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 1: Book Club</p>
		<p>6</p> <p>9:30: Mahjong 9:30 &amp; 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief &amp; Healing Café</p>	<p>7</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>8</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: on death &amp; dying 3: Men's Yoga \$8</p>
<p><b>American Chop Suey</b></p>	<p><b>Soup &amp; Salad</b></p>	<p><b>Baked Haddock</b></p>	<p><b>Chicken Pot Pie</b></p>	<p><b>Swedish Meatballs</b></p>
<p>13</p> <p>9:30: Mahjong 9:30 &amp; 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine</p>	<p>14</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>15</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks; BBB Identity Theft 3: Men's Yoga \$8</p>	<p>16</p> <p>9: Quilting 10:30: Buzz Café 1:30: Visually Impaired Group</p>	<p>17</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 2: Card Making Class</p>
<p><b>Salisbury Steak</b></p>	<p><b>Pork Chop</b></p>	<p><b>Soup &amp; Wrap</b></p>	<p><b>Chicken Parm</b></p>	<p><b>C&amp;S Pizza</b></p>
<p>20</p> <p><b>Bugbee Senior Center Closed For Martin Luther King Jr. Day</b></p>	<p>21</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>22</p> <p>9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Winter Seed Sowing for Spring 3: Men's Yoga \$8</p>	<p>23</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>24</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>27</p> <p>9:30: Mahjong 9:30 &amp; 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>28</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>29</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Hartford HS Tech Helpers 1: Fiber Crafts 3: Men's Yoga \$8</p>	<p>30</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>31</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p><b>Mac &amp; Cheese</b></p>	<p><b>Stuffed Pepper Soup</b></p>	<p><b>Roast Pork</b></p>	<p><b>Shepherd's Pie</b></p>	<p><b>Ranch Chicken</b></p>