SOS Langston Hughes Center — Activity Calendar

Activities held at Senior Outreach Services:
2390 East 79th Street & Quincy Avenue
For more information, call SOS @ (216) 231-0003

January 2010

Computer Lab Hours: Monday & Wednesday ,11:30 am to 3:00 pm
Tuesday & Thursday, 10:30 am to 3:00 pm

Mon	Tue	Wed	Thu	Fri
Supported by City of Cleveland CDBG, NEF, and DSAS.				**1** ***Site Closed Happy New Year***
4 ***Brain Teasers*** *9:30 am* ***Fitness with Mo*** *10:30 am* ***Music & Reiki*** *11:00 am*	**5** ***Coffee Chat*** *9:00 am* ***Living Will, Deeds, & Directives*** *10:00 am to noon* ***Tai Chi*** *10:30 am* ***Card Games*** *1-3 pm*	**6** ***Relaxation*** *9:30 am* ***Activity Planning*** *10:00 am* ***Fitness with Mo*** *11:00 am*	**7** ***Puzzles*** *9:30 am* ***Line Dancing*** *10:00 am* ***Loving Hands: Massage & Skin Care*** *11:00 am* ***Card Games*** *1-3 pm*	**8** ***Healthy Snack & Chat*** *9:30 am* ***Art Therapy*** *10:00 am*
11 ***AudioBook Club*** *9:30 am* ***Fitness with Mo*** *10:30 am* ***Music Therapy*** *11:00 am*	**12** ***Coffee Chat*** *9:00 am* ***Health Chat*** *10:00 am* ***Tai Chi*** *10:30 am* ***Card Games*** *1-3 pm*	**13** ***Relaxation*** *9:30 am* ***Bingo w/Prizes*** *10:00 am* ***Fitness with Mo*** *11:00 am* ***Birthday Celebration!*** *12:00 noon*	**14** ***Current Events*** *9:30 am* ***Line Dance*** *10:00 am* ***Loving Hands*** *11:00 am* ***Card Games*** *1-3 pm*	***15*** ***Jigsaw Puzzles*** *9:30 am* ***Art Therapy*** *10:00 am*
18 ***Site Closed Rev. Dr. Martin Luther King, Jr. Holiday***	**19** ***Coffee Chat*** *10:00 am* ***Tai Chi*** *11:00 am* ***Bible Study #*** *12:45 pm* ***Card Games*** *1-3 pm*	**20** ***Relaxation*** *9:30 am* ***Neighbor to Neighbor*** *10:00 am* ***Fitness with Mo*** *11:00 am*	**21** ***Line Dancing*** *10:00 am* ***Shopping at Steelyard — $2 Reserve seat by Jan. 7*** *10:00 -11:45* ***Loving Hands*** *11:00 am* ***Card Games*** *1-3 pm*	**22** ***Word Puzzles*** *9:30 am* ***Art Therapy*** *10:00 am*
25 ***Current Events*** *9:30 am* ***Fitness with Mo*** *10:30 am* ***Music Therapy*** *11:00 am*	**26** ***Coffee Chat*** *10:00 am* ***Tai Chi*** *11:00 am* ***Bible Study #5*** *12:45 pm* ***Card Games*** *1-3 pm*	**27** ***Relaxation*** *9:30 am* ***Bingo w/Prizes*** *10:00 am* ***Fitness with Mo*** *11:00 am*	**28** ***Inspiring Reading*** *9:30 am* ***Line Dance*** *10:00 am* ***Loving Hands*** *11:00 am* ***Card Games*** *1-3 pm*	**29** ***Crossword Puzzles*** *9:30 am* ***Art Therapy*** *10:00 am*