

# January 2023 Program Calendar

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2 NEW YEAR'S HOLIDAY – CLOSED</b>	<b>3</b>	<b>4</b> 12:30 Music with the Palmer Players	<b>5</b> 10:30 Bingo	<b>6</b> 10:45 Building Healthy & Delicious Meals	<b>7</b>
<b>9</b> 10:00 Blood Pressure Checks with Cleveland University Motivation and Movement	<b>10</b> 10:45 Goal Setting for the New Year	<b>11</b> 10:00 Coloring Your Way 12:30 Open Music Jam	<b>12</b> 10:30 Veteran's Café 12:30 White Elephant Bingo	<b>13</b> 10:30 The Art in You	<b>14</b>
<b>16 MARTIN LUTHER KING JR BDAY - CLOSED</b>	<b>17</b> 9:30 VNA Blood Pressure and Blood Sugar Checks	<b>18</b> 10:30 Native Animals of Missouri 12:30 Music with the Palmer Players	<b>19 Trip Sign Up Day</b> 1:00 Travel Program Preview 2:00 Cover to Cover Book Club	<b>20</b> 12:15 Ice Cream Social	<b>21</b>
<b>23</b> 10:00 Activity with Cleveland University Motivation and Movement 2:00 Virtual Tai Chi for Arthritis #	<b>24</b> 10:45 Snowballs and More	<b>25</b> 10:00 Coloring Your Way 12:30 Open Music Jam	<b>26</b> 10:30 5 A Day Bingo 2:00 Virtual Tai Chi for Arthritis #	<b>27</b> 11:30 Birthday Lunch	<b>28</b>
<b>30</b> 10:00 Activity with Cleveland University Motivation and Movement 2:00 Virtual Tai Chi for Arthritis #	<b>31</b> 10:45 Jeopardy Trivia				
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:00 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle <b>11:30- 1:00 Beginner Pickleball \$</b> <b>1:00 – 3:30 Open Play Pickleball \$</b> <b>3:30 – 5:30 Advanced Pickleball \$</b>	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 <b>Beginning 1/20:</b> <b>1:15 – 4:45 Open Play Pickleball \$</b>	

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

[www.ci.independence.mo.us/parksandrec/palmer](http://www.ci.independence.mo.us/parksandrec/palmer)