



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 COUNTY CLOSED HAPPY NEW YEAR | 2 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group | 3 9:10 - Weight Training 10:10 - Gentle Yoga 12:30 - Watercolor Workshop - Snowmen All Day - Open Studio |
| 6 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 Ceramics | 7 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Crochet 1:00 - Ping Pong | 8 9:30 - Bridge Group 10:00 - Qi Gong 11:00 Stretch & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels 1:00 - Mahjongg | 9 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group | 10 COUNTY CLOSED STAFF TRAINING |
| 13 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 Ceramics | 14 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 1:00 - Friends of the Adam Senior Center Meeting 12:30 - Crochet 1:00 - Ping Pong | 15 9:30 - Bridge Group 10:00 - Qi Gong 11:00 Stretch & Movement 11:30 - Enchanted Sky Hospice - Information Table 12:45 - Bead Group 1:00 - Open Paint/Pastels | 16 9:10 - Dance Fitness 10:10 - Tai Chi - hands 11:30 - iCAN with Renee Zisman - NUTRITION TRAINING 1:00 - Ping Pong | 17 9:10 - Weight Training 10:10 - Gentle Yoga All Day - Open Studio |
| 20 COUNTY CLOSED | 21 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Crochet 1:00 - Ping Pong | 22 9:30 - Bridge Group 10:00 - Qi Gong 11:00 Stretch & Movement 11:30 - 90+ IN 2025 BIRTHDAY CELEBRATION 12:45 - Bead Group 1:00 - Open Paint/Pastels | 23 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group | 24 9:10 - Weight Training 10:10 - Gentle Yoga All Day - Open Studio |
| 27 9:00 - DAY TRIP - Senior Day @ NM Legislature PLEASE RSVP 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 | 28 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Crochet 1:00 - Ping Pong | 29 9:30 - Bridge Group 10:00 - Qi Gong 11:00 Stretch & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels 1:00 - Mahjongg | 30 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group | 31 9:10 - Weight Training 10:10 - Gentle Yoga All Day - Open Studio |
| | | <p>CONTACTS:</p> <p>Abedon Lopez Center: 505-753-8598 Benny J. Chavez Center: 505-351-4686 El Rancho Center: 505-455-2195 Edgewood Center: 505-281-2515 Rufina Center: 505-471-9800</p> <p>Transportation: 505-992-3069 Home Delivered Meals: 505-992-3069 Main Office: 505-992-3069 Program Director (Mattie Byers): 505-992-9838 Program Navigator (additional services): 505-986-6239</p> | | |