



# QUALITY LIVING SERVICES, INC.

## Wellness & Enrichment Activities

**JANUARY 2024**


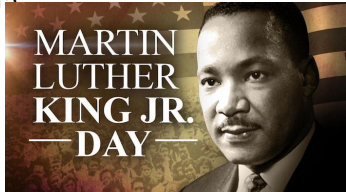
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Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>2</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>3</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts &amp; Crafts- Men's Healthy Living 10:30 Prime Fitness &amp; Med. 11:45-12:15 Ladies Only MBS 1:00 Circuit Training</p>	<p>4</p> <p>10:00 Ceramic 10:30 Prime Fitness &amp; Meditation, Bridge 11:00 Ballroom Dancing</p>	<p>5</p> <p>10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness &amp; Meditation 11:45-12:15 Ladies Only MBS 11:00 Performers, Bible His- tory. 1:00 Circuit Training</p>
<p>8</p> <p>10:00 Qi gong/ Tai Chi 12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>9</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>10</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts &amp; Crafts- Men's Healthy Living 10:30 Prime Fitness &amp; Med. 11:45-12:15 Ladies Only MBS 1:00 Circuit Training, Travel Club</p>	<p>11</p> <p>10:00 Ceramic 10:30 Prime Fitness &amp; Meditation 11:00 Ballroom Dancing</p>	<p>12</p> <p>10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness &amp; Meditation 11:45-12:15 Ladies Only MBS 11:00 Performers, Bible His- tory. 1:00 Circuit Training</p>
<p>15</p> 	<p>16</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>17</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts &amp; Crafts- Men's Healthy Living 10:30 Prime Fitness &amp; Med. 11:45-12:15 Ladies Only MBS 1:00 Circuit Training</p>	<p>18</p> <p>10:00 Ceramic 10:30 Prime Fitness &amp; Meditation, Bridge 11:00 Ballroom Dancing 1:00 Volunteer Program Asst.</p>	<p>19</p> <p>10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness &amp; Meditation 11:45-12:15 Ladies Only MBS 11:00 Performers, Bible His- tory. 1:00 Circuit Training</p>
<p>22</p> <p>10:00 Qi gong/ Tai Chi 12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>23</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>24</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts &amp; Crafts- Men's Healthy Living 10:30 Prime Fitness &amp; Med. 11:45-12:15 Ladies Only MBS 1:00 Circuit Training</p>	<p>25</p> <p>10:00 Ceramic Red Hatters 10:30 Prime Fitness &amp; Meditation, Bridge 11:00 Ballroom Dancing</p>	<p>26</p> <p>10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness &amp; Meditation 11:45-12:15 Ladies Only MBS 11:00 Performers, Bible His- tory. 1:00 Circuit Training</p>
<p>29</p> <p>12:00 Handbell Choir 1:00 Stretch and Tone</p>	<p>30</p> <p>10:00 Ceramics—Pinochle Jewelry Making Quilting</p> <p>11:00 Bridge</p>	<p>31</p> <p>10:00 Hand Crafts-Bid Whist Sewing-Arts &amp; Crafts- Men's Healthy Living 10:30 Prime Fitness &amp; Med. 11:45-12:15 Ladies Only MBS 1:00 Circuit Training</p>		