

January 2025

Schedule your *2025 Senior Wellness Visit*
by calling the HDMG Living Well
Resource Center @ **661-726-3848!**

You must be a
Medicare Advantage Member
to attend the center and
participate in the program.











ASK US HOW

Calling All Seniors
Winter Blues??
Bring a friend and
stop by our
Enrichment Center
for Seniors
and enjoy a
Classic Game Day!
Thursday 1/23 @ 1p

Please *RSVP* one week in
advance for all
activities that are in
BLUE font!
RSVP to Debbie @
(661) 582-8524

January Awareness
Be your Best in 2025!
Diet
Fitness
Screenings

*Ask Debbie or Max for
healthy tips on navigating
your healthy journey!*

Mon	Tue	Wed	Thu	Fri
<p>HDMG Enrichment Center for Seniors! 43767 15th St. West In Lancaster 661/582-8548</p>		<p>1 Center Closed In observance of the holiday! Happy New Year !!!</p>	<p>2 <i>Movie Matinee 2p</i></p> <p>Gym: Zumba w/Emily 9a Peaceful Mind Chair Yoga w/ Barbara 10a</p> 	<p>3 Grief 10:30-11:30a <i>Friday Card Fun 1p</i></p> <p>Gym: Emily Arthritis & Joint Exercise 9-10a Move & Groove 10-11a</p>
<p>6 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/ Maggie 9-10a Line Dancing w/ Emily 10-11a</p>	<p>7 <i>Coffee, Coloring & Conversation 9a</i> Mahjong 10a <i>Bingo 2p</i></p>  <p>Gym: Power up w/Maggi 9a</p>	<p>8 <i>Morning Stretch w/Max 10a</i> <i>Birthday Celebration 2p</i></p>  <p>Gym: Sit & Be Fit w/ Maggie 9-10a No Belly dancing or Hula</p>	<p>9 <i>Cerealously Puzzled 11a</i> <i>Sips & Savories w/Debbie 2p</i></p> <p>Gym: Power up w/Maggi 9a Peaceful Mind Chair Yoga w/ Barbara 10a</p>	<p>10 Grief 10:30-11:30a <i>Friday Card Fun 1p</i></p> <p>Gym: Emily Arthritis & Joint Exercise 9-10a Move & Groove 10-11a</p>
<p>13 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/ Maggie 9-10a Line Dancing w/ Emily 10-11a</p>	<p>14 <i>Coffee, Coloring & Conversation 9a</i> Mahjong 10a <i>Bingo 2p</i></p>  <p>Gym: Power up w/Maggi 9a</p>	<p>15 <i>Balance & Flow w/Max 10a</i></p> <p>Gym: Sit & Be Fit w/ Maggie 9-10a Hula with Lia! 11a-12p</p>	<p>16 <i>Winter Craft & Cocoa 2p</i></p> <p>Gym: Zumba w/Emily 9a Peaceful Mind Chair Yoga w/ Barbara 10a Meditation w/Barbara 11a</p> 	<p>17 Grief 10:30-11:30a <i>Friday Card Fun 1p</i></p> <p>Gym: Emily Arthritis & Joint Exercise 9-10a Move & Groove 10-11a</p>
<p>20 Center Closed In observance of Martin Luther King Jr. Day</p>	<p>21 <i>Coffee, Coloring & Conversation 9a</i> Mahjong 10a <i>Bingo 2p</i></p>  <p>Gym: Power up w/Maggi 9a</p>	<p>22 <i>Morning Stretch w/Max 10a</i> <i>Soup-tacular Cook-off 12p</i> <i>(Please see Debbie or Max for sign-ups)</i></p>  <p>Gym: Sit & Be Fit w/ Maggie 9-10a Hula with Lia! 11a-12p Belly Dancing w/Lia 12-1pm</p>	<p>23 <i>Calling All Seniors 1p</i> <i>Let's Play</i> RSVP By 1/21</p> <p>Gym: Power up w/Maggi 9a Peaceful Mind Chair Yoga w/ Barbara 10a</p> 	<p>24 Grief 10:30-11:30a <i>Friday Card Fun 1p</i></p> <p>Gym: Emily Arthritis & Joint Exercise 9-10a Move & Groove 10-11a</p>
<p>27 Mexican Train 9:30 a Canasta 1p Gym: Sit & Be Fit w/Max 9a Line Dancing w/Emily 10-11a</p>	<p>28 <i>Coffee, Coloring & Conversation 9a</i> Mahjong 10a <i>Bingo 2p</i></p>  <p>Gym: Power up w/Max 9a</p>	<p>29 <i>Balance & Flow w/Max 10a</i> <i>Property Probate w/Clara 2p</i> <i>Bring your questions!</i></p> <p>Gym: Sit & Be Fit w/ Max9 Hula with Lia! 11a-12p</p>	<p>30 <i>BB shuffle race 11a</i> <i>Inspire your Heart w/ Art 2p</i></p> <p>Gym: Zumba w/Emily 9a Peaceful Mind Chair Yoga w/ Barbara 10a</p>	<p>31 Grief 10:30-11:30a <i>Friday Card Fun 1p</i></p> <p>Gym: Emily Arthritis & Joint Exercise 9-10a Move & Groove 10-11a</p>