




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	 <p><b>Senior Services<sup>1</sup></b> of Southeastern Virginia</p> <p><b>Closed</b></p> <p><small>New Year's Day</small></p>	<p><b>2</b></p> <p>*2:30 TaylorMade Fitness 60+</p>	<p><b>3</b></p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>4</b></p> <p>*11:00 Game Day</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p><b>5</b></p> <p>Senior Social "New Year"</p>	<p><b>6</b></p>	
<p><b>7</b></p>	<p><b>8</b></p> <p>*1:00 Musical Mondays</p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>9</b></p> <p>*10:00 Tea-Time</p> <p>*1:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p><b>10</b></p> <p>*1:00 Game Day</p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>11</b></p> <p>*1:00 In-Person BINGO</p> <p>1:00-2:00 Bookmobile</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p><b>12</b></p> <p>11:00 Fitness Friday</p> <p><b>11:00-3:00 Computer Lab</b></p>	<p><b>13</b></p>	
<p><b>14</b></p>	<p><b>15</b></p> <p><b>Closed</b></p> <p><small>Martin Luther King Jr. Day</small></p>	<p><b>16</b></p> <p>*10:00 Tea-Time</p> <p>*1:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p><b>17</b></p> <p>*1:00 In-Person BINGO</p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>18</b></p> <p>*11:00 Game Day</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p><b>19</b></p> <p>Field Trip Friday "National Popcorn Day"</p>	<p><b>20</b></p>	
<p><b>21</b></p> <p><small>Activity Professionals Week</small></p>	<p><b>22</b></p> <p>*1:00 Musical Mondays</p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>23</b></p> <p>*10:00 Tea-Time</p> <p><b>11:00 American Heart Association</b></p> <p>*1:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p><b>24</b></p> <p>10:00 Therapeutic Recreation</p> <p>*1:00 Game Day</p> <p><b>3:00-4:00 Open Gym</b></p> <p><small>Tu B'Shevat Begins</small></p>	<p><b>25</b></p> <p>*1:00 In-Person BINGO</p> <p>1:00-2:00 Bookmobile</p> <p>*2:30 TaylorMade Fitness 60+</p>	<p><b>26</b></p> <p>11:00 Fitness Friday</p> <p><b>11:00-3:00 Computer Lab</b></p> <p><small>Australia Day (Observed)</small></p>	<p><b>27</b></p>	
<p><b>28</b></p>	<p><b>29</b></p> <p>*1:00 Krafting</p> <p><b>3:00-4:00 Open Gym</b></p>	<p><b>30</b></p> <p>*10:00 Tea-Time</p> <p>*1:00 Mindful Tuesdays</p> <p>*2:30 TaylorMade Fitness 60</p>	<p><b>31</b></p> <p>*1:00 In-Person BINGO</p> <p><b>3:00-4:00 Open Gym</b></p>	 <p><b>JANUARY 2024</b></p> <p>Hayden Village Center Activity Calendar 60+</p>			

## Quick Reference Guide to Get You Involved

**Need to Join Us Virtually? Here are some Virtual Programs for you to consider:**

- **Tea-Time with Kenya**- Join the senior group to have conversation on everyday life topics and how it relates to the older adult.
- **Virtual BINGO**- Want to play BINGO? Join this interactive fun game of online BINGO; maybe it's your day to win a prize 😊.

**It's always great to see your smiling faces! Join us for In-Person Programs:**

- **"Krafting with Kenya"**- Come join your fellow seniors with making crafts that will bring out your creative side. Items are taken home after completed.
- **Musical Mondays**- Have you ever wanted to play a triangle? Or beat a drum? Let's get together and make some music.
- **Mindful Tuesday**-Put your thinking caps on! Join in on the fun as we do trivia, play word games, and other mind stimulating activities.
- **In-Person BINGO**- Want to play BINGO? Join this interactive fun game of **IN-PERSON BINGO**; maybe it's your LUCKY day to win a prize 😊.
- **TaylorMade Fitness 60+-** Ready to Move and Groove to the beat? Join LaKenneth Kindred as he teaches a low impact class with weights, stretching, and walking.
- **TAO presents**- Various artists come to Hayden to create art with us or share their talents such as singing or performing arts.
- **Bookmobile**-Enjoy reading? In need of a library card? Come check out a book or a DVD with the help of Blackwater Regional Library.
- **Fitness Friday**- We know you love music...Do you love fitness too? Come join the fun...End your week with a sweaty beat 😊!
- **Field Trip Friday**- Have you ever wanted to learn something new or go on an adventure without leaving your chair? Here is your chance to do just that. Come learn about exciting celebrations here and around the world; maybe even taste some tasty treats 😊!
- **Computer Lab**- Open to residents of Hayden Village and the clients who participate in programs offered at the center.
- **Open Gym**-Open to residents of Hayden Village to be able to have a safe place to walk.

**For more information on how to get involved, rent the facility for space usage, and/or SIGN UP for activities please contact Kenya Morton at (757) 222-4527. To get more information about Senior Services of Southeastern Virginia contact us at (757) 461-9481.**