





January 2025

HUALAPAI SENIOR SERVICES MONTHLY PLANNER

Happy
New
Year



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NEW UPDATE Posted by ATC 1/2/2024	 NEW YEAR'S EVE	1 Center is Closed in observance of New Year's Day	2 Center is Closed	3 Center is Closed in observance of Establishment Day
6 Reducing Sugar Presentation with Damen Romo, SDPI at 12 PM to 12:30 PM Cinema "Wicked" 2 PM to 5 PM Chair Volleyball at 5:15 PM to 7 PM	7 Kingman Shopping Trip 8:00 AM to 3:00 PM Chair Exercise with Rondi Quasula 10 AM to 11 AM Arts & Craft with Rosemary at 1:15 PM to 3 PM Antonia - Leave all day	8 Center is Closed in observance of Caleb Joe Powskey Proclamation Day	9 Center is Closed in observance of Jimmy Carter the 39th President	10 Antonia - Leave all day
13 Chair Volleyball at 5:15 PM to 7 PM	14 Chair Exercise with Rondi Quasula 10 AM to 11 AM Arts & Craft with Rosemary at 1:15 PM to 3 PM Antonia - Leave (4hr afternoon)	15 Karaoke with "Bear on the Air" 11:00 AM to 1 PM  Chair Volleyball at 5:15 PM to 7 PM	16 Chair Exercise with Rondi Quasula 10 AM to 11 AM Cinema "Unstoppable" 2 PM to 5 PM	17 Staff Training & Strategic Planning for 2025 Center Closed
20 Center is Closed in observance of Martin Luther King Jr. Day	21 Chair Exercise with Rondi Quasula 10 AM to 11 AM Antonia - Leave (4hr afternoon)	22 Arts & Craft with Rosemary at 1:15 PM to 3 PM Chair Volleyball at 5:15 PM to 7 PM	23 Chair Exercise with Rondi Quasula 10 AM to 11 AM Cinema "THE FORGE" 2 PM to 5 PM	24 Antonia - Leave (4hr afternoon)
27 Kingman Shopping Trip 8:00 AM to 3:00 PM Chair Volleyball at 5:15 PM to 7 PM	28 Chair Exercise with Rondi Quasula 10 AM to 11 AM Arts & Craft with Rosemary at 1:15 PM to 3 PM	29 Karaoke with "Bear on the Air" 11:00 AM to 1 PM  Chair Volleyball at 5:15 PM to 7 PM	30 Chair Exercise with Rondi Quasula 10 AM to 11 AM Cinema "The Six Triple Eight" 2 PM to 5 PM	31

Join Our Message Group

 Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. If you would like to receive messages talk with a Center staff member to join TODAY.
 To sign up contact the Antonia Cogburn, CHW/Activities Coordinator.

Elders/Seniors Kingman Shopping Trip

 Come on into the center to sign up! Before all the seats are taken.
 To sign up contact the Center @ 769-2375

Elders Meditation of the Day

 with Longhair Havatone.
 Every morning @ 7:30 AM, Monday through Friday.
 If you have any question contact Antonia Cogburn @ 769-2375