



JANUARY

Williamsburg Senior Center

MONDAY

**January 25
Nutrition Presentation
with Ms Valentine
(English/Spanish)
2PM-3PM**

TUESDAY

**Chair Exercise Rise
move & Flow with Desi
(English/Spanish)
1PM-2PM**

WEDNESDAY

**Would you rather?
Support group with
Jess (English/Spanish)
2PM-3PM**

THURSDAY

**Game Hour with Jess
(English/Spanish)
2PM-3PM**

FRIDAY

**Tai chi for Arthritis/Fall
prevention
with Jess
(English/Spanish)
1PM-2PM**

CONTACT

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