

# January 2021

Key: **L** = Live at W&W; **V** = Virtual; **C** = Phone

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2
<b>4</b> LVC   Brain Blast Challenge • 1:30 pm	<b>5</b> No Wise & Well Classes	<b>6</b> LVC   Vinyasa Yoga • 10:00 am LVC   Chronic Pain Management • 11:00 am LVC   Winter Blues Dance Party • 1:30 pm	<b>7</b> LVC   Balance & Easy Movement • 10:00 am LVC   Your Best Life • 11:00 am LVC   Personal Fitness Training • 1:00 pm LVC   Creativity Challenge • 1:30 pm	<b>8</b> LVC   Guided Imagery • 10:00 am LVC   Beginner Line Dancing • 12:30 pm	<b>9</b>
<b>11</b> LVC   Meditation • 9:30 am LVC   Chair Yoga • 11:00 am LVC   Tai Chi for Better Balance • 1:00 pm LVC   Beginning Genealogy Research • 2:00 pm		<b>12</b> LVC   Personal Fitness Training • 9:00 am LVC   Colored Pencil Techniques • 10:00 am LVC   Core On The Floor • 12:00 pm LVC   Service Coordination • 2:00 pm LVC   Powerful Tools for Care Partner • 3:00 pm LVC   Artist Trading Cards • 3:00 pm	<b>13</b> LVC   Vinyasa Yoga • 10:00 am LVC   Coffee Chat • 11:30 am LVC   Tax Organization • 1:00 pm LVC   Somatic Movement • 3:00 pm	<b>14</b> LVC   Balance & Easy Movement • 10:00 am LVC   Wellness Talk Series • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Painting as Exploration • 1:30 pm	<b>15</b> LVC   AgeStrong • 10:00 am LVC   Jewelry Making • 10:00 am LVC   Beginner Line Dancing • 12:30 pm LVC   Space-Mixed Media • 1:30 pm
<b>18</b> CLOSED Martin Luther King Jr Day	<b>19</b> LVC   Personal Fitness Training • 9:00 am LVC   Life and Literary Legacy of Edgar Allan Poe • 10:30 am LVC   Core On The Floor • 12:00 pm LVC   Mindful Mandala • 1:30 pm LVC   Powerful Tools for Care Partners • 3:00 pm LVC   Artist Trading Cards • 3:00 pm	<b>20</b> LVC   Roland Park Library Tech • 10:00 am LVC   Vinyasa Yoga • 10:00 am LVC   Art In Action Series 1 • 11:00 am LVC   Brain Blast Challenge • 1:30 pm	<b>21</b> LVC   Balance & Easy Movement • 10:00 am LVC   Creativity Studio • 10:00 am LVC   Creativity Challenge • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Painting as Exploration • 1:30 pm LVC   Your Best Life • 2:00 pm	<b>22</b> LVC   AgeStrong • 10:00 am LVC   Jewelry Making • 10:00 am LVC   Beginner Line Dancing • 12:30 pm LVC   Space-Mixed Media • 1:30 pm	<b>23</b>
<b>25</b> LVC   Meditation • 9:30 am LVC   Chair Yoga • 11:00 am LVC   A Deeper Look-Art Talk • 11:00 am LVC   Tai Chi for Better Balance • 1:00 pm LVC   Guided Imagery • 2:00 pm	<b>26</b> LVC   Personal Fitness Training • 9:00 am LVC   Coffee Chat • 10:00 am LVC   Core On The Floor • 12:00 pm LVC   Mindful Mandala • 1:30 pm LVC   Powerful Tools for Care Partners • 3:00 pm LVC   Artist Trading Cards • 3:00 pm	<b>27</b> LVC   Vinyasa Yoga • 10:00 am LVC   Art In Action Series 1 • 11:00 am LVC   PhoneFit • 12:00 pm LVC   Somatic Movement • 3:00 pm LVC   Art Right Now • 4:00 pm	<b>28</b> LVC   Balance & Easy Movement • 10:00 am LVC   Creativity Studio • 10:00 am LVC   Wellness Talk Series • 11:30 am LVC   Personal Fitness Training • 1:00 pm LVC   Painting as Exploration • 1:30 pm LVC   Virtual Bingo • 2:00 pm	<b>29</b> LVC   AgeStrong • 10:00 am LVC   Jewelry Making • 10:00 am LVC   Beginner Line Dancing • 12:30 pm LVC   Space-Mixed Media • 1:30 pm	<b>30</b>