| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **4**<br>11:30- **January Planning Meeting**<br>1:30- **Social Hour** | **5**<br>11:30- **Workout**<br>1:30 **WOW Group (Healthiest Fruits)** | **6**<br>11:30- **Sports Trivia**<br>1:30- **Game Time with Mera** | **7**<br>11:30- **Workout**<br>1:30- **Talk Story Group**<br>3:00- **WRAP Group** | **8**<br>11:30- **Gearing up for the New Year and Meditation**<br>12:30- **Art Group**<br>1:30- **Social Hour** |
| **11**<br>11:30- **Fresh Starts and New Beginnings with Lynda**<br>1:30- **Social Hour** | **12**<br>11:30- **Workout**<br>1:30- **WOW Group (Probiotics with Kelly)** | **13**<br>11:30- **Tofu with Green Beans Cooking Demo with Mera**<br>1:30- **Social Hour** | **14**<br>11:30- **Workout**<br>1:30- **Talk Story Group**<br>3:00- **WRAP Group** | **15**<br>11:30- **Manifesting with Mel**<br>12:30- **Art Group**<br>1:30- **Hawaiian Language Class with Isaac** |
| **18**<br>**Martin Luther King Jr Holiday** | **19**<br>11:30- **Workout**<br>1:30- **WOW Group (Smoothie Recipes and Nutritious Supplements with Dawn Y)** | **20**<br>11:30- **Mystery Cooking Demo with Mysterious Mera**<br>1:30- **Social Hour** | **21**<br>11:30- **Workout**<br>1:30- **Talk Story Group**<br>3:30- **WRAP Group** | **22**<br>11:30- **Cooking Demo with Heather**<br>1:30- **Social Hour** |
| **25**<br>11:30- **Pleasure Producing Relationships with Dan**<br>1:30- **Sports Trivia with Kelly** | **26**<br>11:30- **Workout**<br>1:30- **WOW Group (Game Changers Documentary with Matthew I.)** | **27**<br>11:30- **Healthy Eating for the New Year with Lynda**<br>1:30- **Social Hour** | **28**<br>11:30- **Workout**<br>1:30- **Talk Story Group**<br>3:30- **WRAP Group** | **29**<br>11:30- **Clubhouse Chopped (Healthy Edition)**<br>1:30- **Movie Rec** |
| | | | | |