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| January | 2023 |
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| Monday | Tuesday | Wednesday | Thursday |
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| 2 | 3 | 4 | 5 |
| **Closed for City Holiday - New Year’s Day** | 10-11am – Bollywood Dance Fitness  11:30am-12pm – MOW Lunch  12-1pm – Austin Free-Net – Internet Safety & Online Privacy | 10-11am – Meditation and Movement with Melinda  11:30am-12pm – MOW Lunch  12-12:30pm - Bingo | 10am-11am - Tai Chi with Vince  10:30-11:30am – ‘English Corner’  11:30am-12pm – MOW Lunch |
| 9 | 10 | 11 | 12 |
| 10-11am – Tai Chi with Mr. Huang  10:30-12pm- ‘English Corner’  11:30am-12pm – MOW Lunch  12-12:45pm – ESL – Beginners Level | 10-11am – Bollywood Dance Fitness  11:30am-12pm – MOW Lunch  12-1pm – Austin Free-Net – Social Connection Online | 10-11am – Meditation and Movement with Melinda  11:30am-12pm – MOW Lunch  12pm-1pm – **Advanced Care Planning with the Gift Project** | 10am-11am - Tai Chi with Frank  10:30-11:30am – ‘English Corner’  11:30am-12pm – MOW Lunch  **12pm-1pm – TCMG Plant Clinic** |
| 16 | 17 | 18 | 19 |
| **Closed for City Holiday – Martin Luther King Jr.** | 10-11am – Bollywood Dance Fitness  11:30am-12pm – MOW Lunch  12-1pm – Austin Free-Net – Smartphone Fundamentals | 10-11am – Meditation and Movement with Melinda  11:30am-12pm – MOW Lunch  **12-1pm – AGE of Central Texas - Estate Planning Part 1** | 10am-11am - Tai Chi with Vince  10:30-11:30am – ‘English Corner’  11:30am-12pm – MOW Lunch |
| 23 | 24 | 25 | 26 |
| 10-11am – Tai Chi with Mr. Huang  10:30-12pm- ‘English Corner’  11:30am-12pm – MOW Lunch  12-12:45pm – ESL – Beginners Level | 10-11am – Bollywood Dance Fitness  11:30am-12pm – MOW Lunch  12-1pm – Austin Free-Net – Ask Me Anything – Open Forum | 10-11am – Meditation and Movement with Melinda  11:30am-12pm – MOW Lunch  **12-1pm – AGE of Central Texas - Estate Planning Part 2** | **9:30am-11:30am – Austin Public Health – Health Screening**  10am-11am - Tai Chi with Frank  10:30-11:30am – ‘English Corner’  11:30am-12pm – MOW Lunch |
| 30 | 31 |  |  |
| **9:30am-11:30am – Austin Public Health - Health Screening**  10-11am – Tai Chi with Mr. Huang  10:30-12pm- ‘English Corner’  11:30am-12pm – MOW Lunch  12-12:45pm – ESL – Beginners Level  Asd;lkjasdfkajsdlfkasdfasdf | 10-11am – Bollywood Dance Fitness  11:30am-12pm – MOW Lunch  12-1pm – Austin Free-Net – Emailing 101 |  |  |

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| Activities | **The Gift Project** – Learn about Advanced Care Planning form a medical personnel’s perspective. | **AGE of Central Texas –** Learn about Estate Planning with licensed attorneys.  **English Corner** – Come practice English with volunteers, all English levels | Austin Public Health – Health Screening Includes Cholesterol, Blood Pressure, and Diabetes, fasting is encouraged. |