




BHA Resident Center

807 West Avenue I

JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Recurring Events: Mon, Wed 1:00 - 2:30 Mon, Wed 12:00 - 1:00 Tue, Thurs 4:00 - 5:00	Computer Classes Keyboarding Classes STRIVE	1 CTHC Closed 	2	3	4	5
6	7 Computer Classes Begin	8 4pm STRIVE	9	10 4pm STRIVE	11	12
13	14 3pm BINGO 3:45pm "Maintain, No Gain" Weigh Out 5:30pm Nutrition "My Plate on a Budget"	15 4pm STRIVE	16 3pm AgriLife "Be Well, Live Well" Session 3	17 4pm STRIVE 9am-4pm "Knowledge Nuggets" at Rose Hall	18	19
20	21 MLK Jr. Day CTHC Closed 	22 4pm STRIVE	23	24 4pm STRIVE	25	26
27	28 2pm Kindred Hospice "Stalking/Bullying" 3pm BINGO	29 4pm STRIVE	30	31 4pm STRIVE		Visit our website at www.cthc.org for all resident activities.