

Living Well Schedule

*The Living Well Club is designed for improving the quality of life of Seniors.
We cover balance, coordination, and fall prevention with an emphasis on Living Well.
Classes are from 10:30 to 11:30 at the Henry County Extension Office.*

*Sequence Game Day is on Fridays at 9:30!! Come join the fun and brain activity that playing games brings!
Bring a game you like to play or play Sequence!*

Cost for the year is \$8.00, which is your Homemaker Club Dues! No charge if you are 85 or older or are currently a paid Homemaker Club member. Stop by and see if Living Well is for you!

Fall 2025

<i>Week 10</i>			December 3		December 5 Chocolate & Sock Day
<i>Week 11</i>			December 10		December 12
<i>Week 12</i>			December 17		December 19
<i>Week 13</i>	December 22	December 23			

Winter 2026

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Week 1</i>			January 7		January 9
<i>Week 2</i>			January 14		January 16
<i>Week 3</i>			January 21		January 23
<i>Week 4</i>			January 28		January 30
<i>Week 5</i>			February 4		February 6
<i>Week 6</i>			February 11		February 13
<i>Week 7</i>			February 18		February 20
<i>Week 8</i>			February 25		February 27
<i>Week 9</i>			March 4		March 6
<i>Week 10</i>			March 11		March 13
<i>Week 11</i>			March 18		March 20
<i>Week 12</i>			March 25		March 27
<i>Week 13</i>					