

Joe Rhoads Senior Center  
 123 S. Mulberry St.  
 Corydon, IN 47112  
 Rick Haines, Site Manager  
 812-738-7603

# JANUARY | 2025

## Joe Rhoads Senior Center-Corydon Activities

| MONDAY                               | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY                               |
|--------------------------------------|---|--|--|--------------------------------------|
| 30                                   | 31  | 1<br><b>CLOSED</b>                                     | 2<br>Tai Chi @ the YMCA<br>10:00-10:45 AM                                | 3<br>Tai Chi for Health<br>10:15 AM  |
| 6<br>Tai Chi for Health<br>10:15 AM  | 7<br>Tai Chi @ the YMCA<br>10:00-10:45 AM<br>&<br>Nutrition Ed 11:00 AM           | 8<br>PBH Pick Up                                       | 9<br>Tai Chi @ the YMCA<br>10:00-10:45 AM                                | 10<br>Tai Chi for Health<br>10:15 AM |
| 13<br>Tai Chi for Health<br>10:15 AM | 14<br>Tai Chi @ the YMCA<br>10:00-10:45 AM  | 15<br>B/P Screening<br>w/ Anna Jones<br>10:30-11:30 AM | 16<br>Tai Chi @ the YMCA<br>10:00-10:45 AM                               | 17<br>Tai Chi for Health<br>10:15 AM |
| 20<br><b>CLOSED</b>                  | 21<br>Tai Chi @ the YMCA<br>10:00-10:45 AM<br>Mental Health<br>Awareness 11:00 AM | 22<br>RSVP<br>11:30 AM<br>&<br>PBH Pick Up             | 23<br>Tai Chi @ the YMCA<br>10:00-10:45 AM<br>&<br>Nutrition Ed 11:30 AM | 24<br>Tai Chi for Health<br>10:15 AM |
| 27<br>Tai Chi for Health<br>10:15 AM | 28<br>Tai Chi @ the YMCA<br>10:00-10:45 AM  | 29<br>PBH Check In<br>10 – 11 AM                       | 30<br>Tai Chi @ the YMCA<br>10:00-10:45 AM                               | 31<br>Tai Chi for Health<br>10:15 AM |



### Congregate Meal Site

*Mental Health Awareness Month*

*Notes:*

**Lunch Served  
 M-F @ 11:30 AM  
 Reservations  
 Required w/  
 Week Notice**