




January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEW YEAR'S DAY SOAR is closed.	2 <i>*Tai Chi</i> 9:30-10:30am BYO Lunch & Bingo (\$3) 12-2:30pm <i>Supper Club</i> 5-7pm @ El Niagara- Updated! *Must pre-register. *Meet at El Niagara	3 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	4
5	6 <i>*Balance, Strength & Stretch w/ Cindy</i> 10-11am COOL BEADS 11am- 12:30pm SOAR Reads! Book Club 1-3pm <i>Tai Chi Evening</i> 4-5pm *New time.	7 <i>*Chair Yoga</i> 11am-12pm Bunco 1-3pm Euchre 1-3pm	8 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG New! 10-11:15am Poker 10am-12pm SOAR Advisory Meeting 1-2:30pm Canasta 1:30-3:30pm	9 <i>*Tai Chi</i> 9:30-10:30am Bingo (\$3) and Pasta & Salad Lunch (\$5) 12-2:30pm *Must pre-register and pre-pay.	10 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm SOAR Explorers Outing @Woodstock Opera House Second Hand News *See flyer for information. *Must pre-register and pre-pay at SOAR. *Transportation not provided.	11
12	13 <i>*Balance, Strength & Stretch w/ Cindy</i> 10-11am SOAR Explorers Meeting Reg. Time - 1-2:30pm <i>Tai Chi Evening</i> 4-5pm *New time.	14 <i>*Chair Yoga</i> 11am-12pm THE BREAKFAST CLUB FOR MEN @Wendy's 8-9:30am Brown Bag Lunch & Movie 1-3pm Euchre 1-3pm	15 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG New! 10-11:15am Poker 10am-12pm Canasta 1:30-3:30pm	16 <i>*Tai Chi</i> 9:30-10:30am BYO Lunch & Bingo(\$3) 12-2:30pm <i>Social Hour@Sofie's</i> 5-7pm *Please pre-register at SOAR. *Meet at Sofie's.	17 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	18

19	20	21	22	23	24	25
	<p>*Balance, Strength & Stretch w/ Cindy 10-11am</p> <p>COOL BEADS 11am- 12:30pm</p> <p>Tai Chi Evening 4-5pm *New time.</p>	<p>*Chair Yoga 11am-12pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p> <p>DIY Creative Workshop w/Jen 2-3:30pm</p> <p>*Waxed Essential Oils Doodads (\$10pp) *Must pre-register and pre-pay.</p>	<p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>*KEEP FIT & STRONG New! 10-11:15am</p> <p>Poker 10am-12pm</p> <p>Everything Fiber! 1-3:30pm From Crocheting to Spinning- <i>Sign up and bring your Projects!</i></p> <p>Canasta 1:30-3:30pm</p>	<p>*Tai Chi 9:30-10:30am</p> <p>Bingo (\$3) and Soup & Bread Lunch (\$5) 12-2:30pm</p> <p>w/ a visit from Erica Snooks from SCVN</p> <p>*Must pre-register and pre-pay.</p>	<p>*KEEP FIT & STRONG 10-11:15am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	
26	27	28	29	30	31	12
	<p>*Balance, Strength & Stretch w/ Cindy 10-11am</p> <p>Tai Chi Evening 4-5pm *New time.</p>	<p>*Chair Yoga 11am-12pm</p> <p>Brown Bag Lunch & Movie 1-3pm</p> <p>Euchre 1-3pm</p>	<p>Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>*KEEP FIT & STRONG New! 10-11:15am</p> <p>Poker 10am-12pm</p> <p>LUNCH DATE @ Rosati's 11:00-1:00pm *Must pre- register. *Meet at the restaurant.</p> <p>Canasta 1:30-3:30pm</p>	<p>*Tai Chi 9:30-10:30am</p> <div style="text-align: center;">  <p>NATIONAL PUZZLE DAY CHALLENGE</p> </div> <p>*Look for details soon!</p>	<p>*KEEP FIT & STRONG 10-11:15am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	Updated 12/31/24!

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock
Hours: 9-4pm Monday-Friday, and for evening activities as noted on the calendar.

Regular weekly drop-in programs at SOAR@Dorr are free.

Programs or events that require payment are designated by a (*). *Payment is expected at sign-up.*

All wellness/fitness classes are \$5 per class, *but* try your first one of each type for free!

A \$25, 8-punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions?

Call: 815-338-0125

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