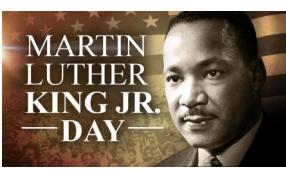




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HAPPY NEW YEAR!!	2 NO PROGRAMS
5 Textile/Visual Arts 9am—11am Seniors In Motion Fitness 10:45am—11:30am	6 Chair & Swagger Fitness 12:45pm—1:30pm	7 Backyard Gardening 101 12pm—1:30pm	8 Chair Yoga 10am—10:45am 1pm-2pm Beginner Line Dance 11am—12pm	9 Motown Bingo 12:30pm—2:00pm
12 Textile/Visual Arts 9am—11am Seniors in Motion 10:45am—11:30am Wellness Lunch & Learn 11:30am—12:30pm	13 Chair & Swagger Fitness 12:45pm—1:30pm	14 Sip & Paint w/ Friends 12pm—1pm	15 Chair Yoga 10am—10:45am Beginner Line Dance 11am—12pm	16 Mid-Day Movie “Becoming” Michelle Obama Documentary 12pm—2pm
19  — MARTIN LUTHER KING JR. — DAY —	20 Chair & Swagger Fitness 12:45pm—1:30pm	21 NO PROGRAMS	22 NO PROGRAMS	23 NO PROGRAMS
26 Textile/Visual Arts 9am—11am Seniors in Motion 10:45am—11:30am	27 Chair & Swagger Fitness 12:45pm—1:30pm	28 Culture Club MLK Multi Media Art 12pm—1pm	29 Chair Yoga 10am—10:45am 1pm-2pm Beginner Line Dance 11am—12pm	30 Line Dance BRUNCH Pot Luck!! 10am—11:30am (please bring a covered 'brunch' dish)

programs at the

GREENBRIAR
GYM



3709 Hopkins St Savannah, GA 31405

For more information, call 912.665.6718

SPECIAL DATES TO REMEMBER

Community Gardens to Community Farms

Healthy Living Workshop

January 6th @ 12:00pm

Topic:

The Low-Down on DIRT



In partnership w/
Harambee House



programs at the
GREENBRIAR GYM

3709 Hopkins St. Savannah GA 31405
call 912.665.6718 for info

Lunch & Learn Wellness In All Ways

CREATE YOUR
2026
VISION BOARD

*Healthy lunch included

JAN 12TH
11:30AM - 12:30PM



TONYA SHERMAN
OWNER, LIFE COACH
HARMONY MOON

Free and open to the public
email sedavis@chathamcounty.org to register

programs at the
GREENBRIAR GYM
3709 Hopkins Street Savannah GA 31405

**WE'VE BEEN HAVING A GREAT TIME AT
PAINT AND SIP!! CREATE BEAUTIFUL ART
AND ENJOY THE COMPANY OF OTHERS!!**

JANUARY 14TH @ 12PM



MID DAY MOVIE

Friday
January 16th
12:00pm

popcorn & drinks served

programs at the
GREENBRIAR GYM

3709 Hopkins St. Savannah GA 31405 call 912.665.6718 for info

DONATIONS

We're collecting old magazines, yarn, and scrap fabrics for our M.L.K. mixed media art project. All donations are truly appreciated!!



CULTURE CLUB

M.L.K. multi-media art project

January 28th
12:00pm

LINE DANCE brunch pot-luck

Friday
January 30th
@ 10am

please bring
a covered
"brunch" dish



programs at the
GREENBRIAR GYM

3709 Hopkins St. 31405 call 912.665.6718 for info