

# JANUARY 2026

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

Topic:

**The Low-Down on DIRT**



in partnership w/  
Harambee  
House



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## Lunch & Learn Wellness In All Ways

CREATE YOUR  
**2026**  
VISION BOARD

\*Healthy lunch included

JAN 12<sup>TH</sup>  
11:30AM - 12:30PM



TONYA SHERMAN  
OWNER, LIFE COACH  
HARMONY MOON

Free and open to the public  
email [sedavis@chathamcounty.org](mailto:sedavis@chathamcounty.org) to register

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**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 16<sup>th</sup>  
12:00pm

popcorn & drinks served

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## 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 28<sup>th</sup>  
12:00pm

programs at the  
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GYM**

LINE DANCE

*brunch pot-luck*

Friday  
January 30<sup>th</sup>  
@ 10am

please bring  
a covered  
"brunch" dish



programs at the  
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