



D E C E M B E R



Mon	Tue	Wed	Thu	Fri	Sat
			7:30 Walk & Talk ¹ 9 Fitness Class (rec center) 9:30 Game Day 10:15 Chair Volleyball 10:30 Color Therapy 11 Cookie Exchange 3 Yoga	7:30 Walk & Talk ² 9 Tai Chi Transitions 10:30 Chair Exercise 1-3:30 Bingo 4 Walk Slim Video	Open 10-2 ³ Cruise Dec 4-11
7:30 Walk & Talk 9 Yoga 9 Bridge 10:30 Chair Exercise 11:30 NO Tai Chi I 11:30 Mah Jongg 3 NO Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ⁶ 9 Fitness Class (rec center) 10 Arts & Crafts 10:15 NO Chair Volleyball 1 Book Club 2 Movie: Miracle on 34th Street	7:30 Walk & Talk ⁷ 8:30 Line Dancing 10 Crochet & Knitting 10:30 Chair Exercise 11:30 NO Tai Chi I 3 NO Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ⁸ 9 Fitness Class (rec center) 9:30 Game Day 10:15 NO Chair Volleyball 10:30 Color Therapy 3 Yoga	7:30 Walk & Talk ⁹ 9 NO Tai Chi Transitions 10:30 Chair Exercise 1-3:30 Bingo 4 Walk Slim Video	Open 10-2 ¹⁰ 11-1 Line Dancing Party
7:30 Walk & Talk ¹² 9 Yoga 9 Bridge 10:30 Chair Exercise 11:30 Tai Chi I 11:30 Mah Jongg 1 Birthday Social 3 Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ¹³ 9 Fitness Class (rec center) 10 Arts & Crafts 10:15 Chair Volleyball 1 Movie : Florence Foster Jenkins—<u>NOTE</u> <u>Earlier start time</u> 4Lighting up the Holidays	7:30 Walk & Talk ¹⁴ 8:30 Line Dancing 10 Crochet & Knitting 10:30 Chair Exercise 11:30 Tai Chi I 3 Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ¹⁵ 9 Fitness Class (rec center) 9:30 Game Day 10:15 Chair Volleyball 10:30 Color Therapy 11:30 Bunco 3 Yoga	7:30 Walk & Talk ¹⁶ 9 Tai Chi Transitions 10:30 Chair Exercise 1-3:30 Bingo 4 Walk Slim Video	Open 10-2 ¹⁷ 10:30-1 Bingo 12:30-2pm Cancer Care Group 
7:30 Walk & Talk ¹⁹ 9 Yoga 9 Bridge 10:30 Chair Exercise 11:30 Tai Chi I 11:30 Mah Jongg 3 Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ²⁰ 9 Fitness Class (rec center) 10 No Arts & Crafts 10:15 Chair Volleyball 11 Senior Monthly Luncheon	7:30 Walk & Talk ²¹ 8:30 Line Dancing 10 Crochet & Knitting 10 Vitamin B12 Shots 10:30 Chair Exercise 11:30 Tai Chi I 1 Genealogy 3 Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ²² 9 Fitness Class (rec center) 9:30 Game Day 10:15 Chair Volleyball 10:30 Color Therapy 3 Yoga	7:30 Walk & Talk ²³ 9 NO Tai Chi Transitions 10:30 Chair Exercise 1-3:30 Bingo 4 Walk Slim Video	
7:30 Walk & Talk ²⁶ 9 Yoga 9 Bridge 10:30 Chair Exercise 11:30 NO Tai Chi I 11:30 Mah Jongg 3 No Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ²⁷ 9 Fitness Class (rec center) 10 Arts & Crafts 10:15 Chair Volleyball 2 Movie: The BFG	7:30 Walk & Talk ²⁸ 8:30 Line Dancing 10 Crochet & Knitting 10:30 Chair Exercise 11:30 Tai Chi I 3 Tai Chi II 4 Walk Slim Video	7:30 Walk & Talk ²⁹ 9 Fitness Class (rec center) 9:30 Game Day 10:15 Chair Volleyball 10:30 Color Therapy 3 Yoga	7:30 Walk & Talk ³⁰ 9 Tai Chi Transitions 10:30 Chair Exercise 1-3:30 Bingo 4 Walk Slim Video	11-1 New Years Party 



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