






# DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				9:15 – 10:00 SMILE 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00– Rotary Christmas Lunch 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-1:30 Better Balance 1:00-3:00 Quilters	9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 12:30 Movie Matinee "Dreamin' Wild" 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15 Memory Loss Support Group 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	Joy of Christmas Lights Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:00-11:00 Tap Dance 10:45-11:45 Yoga 10:00-11:30 Bunco 11:30-12:15 SMILE 12:30 Open Play 12:30-4:30 AARP Driver Safety 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance 7:00 Handbell Choir Concert	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30-3:00 Bingo 12:30 Open Play 1:00-1:30 Better Balance
4	5	6	7	8
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 10:30-11:30 More Beatles Redux 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Silver Mustang Holiday Event 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 11:30-1:00 Thanksgiving Drive-Thru Lunch 12:00 Mah Jongg 12:00-1:30 Better Balance 1:00 TechKNOWledgy with Teens	Chocolate & Wine Trip 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:45-11:45 Yoga 10:00-11:30 Bunco 11:30-12:15 SMILE 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 12:30-3:00 Bingo 1:00-1:30 Better Balance
11	12	13	14	15
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30-1:15 Flex, Movement & Balance 12:30 Pinochle 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:00 Happy & Healthy for the Holidays 10:45-11:45 Yoga 10:00-11:30 Bunco 11:15-12:30 Blood Pressure Check 11:30-12:15 SMILE 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	No Bingo 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 1:00-1:30 Better Balance
18	19	20	21	22
<b>Merry Christmas</b> <b>Senior Center Closed</b> 	9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dancing 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers 1:00-1:30 Better Balance	9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:00 Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 1:00-1:30 Better Balance	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 10:45-11:45 Yoga 10:00-11:30 Bunco 11:30-12:15 SMILE 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00-1:30 Better Balance	No Bingo 9:15– 10:00 SMILE 9:30-11:30 Open Woodshop 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:30 Open Play 1:00-1:30 Better Balance
25	26	27	28	29