

DECEMBER 2015

Staff party, van ride to housing?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Happy Holidays! Fit for the Future- aerobics and strength	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (5) 1:30-3:30 <i>Matter of Balance II</i> (8, last) 3:00 <i>Council on Aging</i>	9:00-3:00 I&R Hours 9:30 Sceptics Guide (11) 10-12 <i>Art Fix-it/Drawing Workshop</i> (3) 12:00 <i>Wayside Inn Luncheon</i> No Fit for the Future 1:00 Canasta (SP) 1:00 Quilting	9-12 SHINE 9:30 Tap Dance (4) 9:30 <i>Laughter Group</i> 10:00 Current Events 12:00 Soup's On?? 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Movie: 11:30 or 1:45 - Watercolors (1)
7	8	9	10	11
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) (G) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30 Sceptics Guide (12, last) 10:00-12:00 <i>Drawing</i> (4, last) 11:00 Fit for the Future 12:00 <i>Holiday Luncheon</i> 1:00 Canasta 1:30 British Art (7, last) 1:00 Quilting	9:00-12:00 SHINE 9:30 Tap Dance (5) 9:30 <i>Laughter Group</i> 12:00 Pizza and a Movie 12:45-2:30 <i>Senior Notes—Singing Group</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (2) 11:00 Fit for the Future 12:00 Friday Movie 11:30 or 1:45 Watercolors (2)
14	15	16	17	18
9:00-3:00 I&R Hours 11 Fit for the Future 10-12:30 <i>Coping with Grief and Loss During the Holidays</i> 1-2:30 <i>Caring Café</i> 1:00 Better Bones (4) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) (G) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (7)	9:00-3:00 I&R Hours 9:30 10:00-12:00 <i>Drawing</i> () 11:00 Fit for the Future (R) 1:00 Canasta (VH) No Quilting	9-12 SHINE 9:30 Tap Dance (6) 9:30 <i>Laughter Group</i> 10:00 Current Events 10:00-11:30 <i>Crafty Jewelry Group???</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (3) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:30 Friday Movie:
21	22	23	24	25
9:00-3:00 I&R Hours 11:00 Fit for the Future 10-12:30 SNOWDATE: <i>Coping with Grief and Loss During the Holidays</i> 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:30-3:30 Bridge 1:15 <i>Tai Chi for Healthy Living</i> (8, last in session)	<i>Warm cider and cookies all day</i> 9:00-3:00 I&R Hours 9:30 11:00 Fit for the Future 1:00 Canasta (VH) No Quilting	Senior Center Open from ?? - ?? NO SHINE today No Tap Dance No Connection Circle	Christmas Holiday Senior Center Closed
28	29	30	31	
9:00-3:00 I&R Hours No Fit for the Future No Better Bones No Tai Chi	NO BP Clinic 9:00 Cribbage No Yoga 12:30-3:30 Bridge No <i>Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours No Drawing 11:00 Fit for the Future Chill out with Chili 1:00 Canasta (VH) No Quilting	No SHINE No Tap Dance 9:30 <i>Laughter Group?</i> 12:00 Pizza and a Movie? 2:30 Connection Circle?	New Year's Day Holiday Senior Center Closed