

# DECEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:30am-11am - Cribbage  10-11:15am - Yoga Mat Class
<b>4</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class	<b>5 9:15am-2:45pm - Medicare Open Enrollment</b> (by appointment)  9-10am - Blood Pressure 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:45-3:30pm - Hand & Foot	<b>6</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>7</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo	<b>8</b> 9:30am-11am - Cribbage  10-11:15am - Yoga Mat Class
<b>11</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing 1 - 3pm - Mah Jongg Instructional class	<b>12</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:30-3:30 - Benefit Rep 12:45-3:30pm - Hand & Foot <b>1:45-3:30pm Flowers for Everyone</b>	<b>13</b> 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>14</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo 7pm - SSAB Meeting	<b>15</b> 9:30am-11am - Cribbage  10-11:15am - Yoga Mat Class
<b>18</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class <b>1:15pm - Vini Ames concert</b>	<b>19</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:30-3:30 - Benefit Rep 12:45-3:30pm - Hand & Foot	<b>20</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 10-11am - Blood Pressure 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>21</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>22</b> <b style="color: red; text-align: center;">CENTER CLOSED FOR HOLIDAY</b>
<b>25</b> <b style="color: red; text-align: center;">CENTER CLOSED FOR HOLIDAY</b>	<b>26</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:30-3:30 - Benefit Rep 12:45-3:30pm - Hand & Foot	<b>27</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>28</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>29</b>