

DECEMBER 2019 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:30 to 10:30 THRIFT STORE</p> <p>10:00 DANCE AEROBICS</p> <p>10:30 SIT & STRETCH</p> <p>10:30 ZUMBA GOLD</p> <p>11:00 DEC.9TH SHORT STORIES WITH LAURA LASITA FROM LIBRARY</p> <p>1:00 LINE DANCING</p>	<p>9:15 BINGO</p> <p>9:30 PROJECT CARE FREE SCREENINGS BLOOD PRESSURE & SUGAR WEIGHT</p> <p>9:30 TO 12:30 DEC. 17TH SR. ADVOCATE FRANK MASTERSON</p> <p>10:00 CHAIR ZUMBA W/ IRINA</p> <p><u>ALL THE STAFF AT THE CENTER WISHES EVERYONE A WONDERFUL HOLIDAY SEASON</u></p> <p>Happy Holidays!</p>	<p>8:30 to 10:30 THRIFT STORE</p> <p>10:00 OSTEO EXERCISE W/ CHARLENE</p> <p>10:00 HOLIDAY MOVIE</p> <p>10:30 DANCE AEROBICS</p> <p>9:30 TO 11:30 CHRISTMAS STUFF SALE IN THE DINING ROOM DECEMBER 11TH</p> <p><u>DECMEBER 25TH CENTER CLOSED CHRISTMAS DAY</u></p>	<p>9:15 BINGO</p> <p><u>THURSDAY DEC. 5TH PRESENTATION HOW TO READ FOOD LABELS CORRECTLY</u></p> <p><u>DO YOU KNOW A SENIOR WHO WOULD LIKE A FRIENDLY PHONE CALL ? JOIN OUR "SKIT" PROGRAM "SENIORS KEEPING IN TOUCH" AND YOU WILL RECEIVE A FRIENDLY HELLO MONDAY THRU FRIDAY</u></p>	<p>10:00 DANCE AEROBICS NO CLASS NOV.8TH</p> <p>10:30 ZUMBA GOLD</p> <p>10:30 SIT & STRETCH NO CLASS NOV. 8TH</p> <p><u>DEC. 13TH 11:30 TO 2:30 CHRISTMAS PARTY YOU MUST PRE REGISTER!!! IN THE MAIN OFFICE NOT OVER THE PHONE</u></p> <p>12:30 REIKI CIRCLE WILL RESUME FRIDAY DEC. 27, 2019 <u>LAST FRIDAY OF EACH MONTH</u> IF YOU ARE ATTENDING PLEASE LET THE OFFICE KNOW!! THANK YOU!</p>