

# DECEMBER ACTIVITY CALENDAR

## WEEKLY ONGOING EVENTS

MONDAY		TUESDAY		WEDNESDAY	
8:30 - 3:30	Exercise Room	8:30 - 3:30	Exercise Room	8:30 - 3:30	Exercise Room
9 - 11	Social Hour	9	Core with Alasa (L,V)	9 - 11	Social Hour
9 - 11:30	Foot Care	9 - 11	Social Hour	9 - 3:30	Mobile Library
9 - 3:30	Mobile Library	9 - 3:30	Mobile Library	10	Slow Flow Yoga
9 - 4	Acupuncture	9 - 3	Table Massage	10 - 11:30	Club 108
10	Introduction to Tai Chi	11:30 - 12:15	Cup of Chi (V)	12 - 12:30	Grab & Go Lunch
10 - 12	Game: "Mahjongg"	12 - 12:30	Grab & Go Lunch	11:30 - 12:30	Private Yoga Sessions
10:30	Meditation (V)	12:30 - 3:30	Game: "Bridge"	2 - 4	Acupuncture
11	Line Dancing	1 - 2	Game "Ping Pong"	2:30	Ageless Grace
11	Game: "Chess"	1:30 - 3:30	Game: "Pegs and Jokers"	3:30 - 4:15	Line Dancing
12 - 12:30	Grab & Go Lunch	1 - 3	Downton Abbey Series		
1 - 4	Game: "Hand & Foot"				
2 - 3:30	Great Courses				
MONDAY		TUESDAY		WEDNESDAY	
<b>5</b>	1:30 Wooden Holiday Trees	<b>6</b>	10 Hometown Helpers 10 Caregivers Group (L,V) 10 Cookie Decorating	<b>7</b>	9 Therapeutic Yoga Shoulders, Head, and Neck 12 Year End Update with Staff 1 Holiday Yarn Trees
<b>12</b>	11 Shari the Harpist	<b>13</b>	9 Schmoozing with the Sheriff's Department 10 Card Making Group	<b>14</b>	9 Therapeutic Yoga Shoulders, Head, and Neck 10 Book Club 10 Healthy Holiday Eating 12 Movie: Elf
<b>19</b>		<b>20</b>	10 Caregivers Group (L,V)	<b>21</b>	9 Therapeutic Yoga Shoulders, Head, and Neck 1:30 - 3 Christmas Ugly Sweater Party
<b>26</b>	Closed Happy Holidays!	<b>27</b>	**No Massage with Deb **No Cup of Chi Class	<b>28</b>	9 Blood Pressure Checks 10 Crossword with Friends 12 Movie: 7 Brides for 7 Brothers