

WEEKLY ONGOING EVENTS

THURSDAY		FRIDAY	
8:30 - 3:30	Exercise Room	8:30 - 3:30	Exercise Room
9	Core Video with Alasa	9 - 11	Social Hour
9 - 11	Social Hour	9 - 3:30	Mobile Library
9 - 3:30	Mobile Library	11	Tai Chi w/ Jody (V)
10	Senior Kickboxing	12 - 12:30	Grab & Go Lunch
12 - 12:30	Grab & Go Lunch	12:30 - 3:30	Game: "Euchre"
12:30 - 1:30	Game: "Bingo"		
1:45 - 3:45	Game: "500"		
3:30 - 4:15	Tai Chi w/Gail		
6	Pilates (V)		



Saturday Virtual Yoga
December 3, 10, 17, 31
9 AM

****No Class December 24**

Join Rachel for a relaxing yoga class. Move through seated and standing poses that enhance flexibility, posture, and balance.

ADDITIONAL EVENTS

THURSDAY		FRIDAY	
1 1 - 3 Medicare Appointments 9 - 12 Holiday Decorating Party	2 10 - 4 Medicare Appointments 4:30 - 7 Chili Supper and Tree Lighting	8 10 Teacup Gnomes 10 - 12 Medicare Appointments 11 - 4 Reiki 2 - 3 Vets Group	9 10 Holiday Ornaments 11 - 4 Foot Reflexology
15 1:30 - 4 Out of Town Shopping 1:30 - 4 Vet Movie: Courier	16 11 - 4 Foot Reflexology 11 Marcy & the Highlights 12 - 12:30 Crumbl Cookies	22 No regular ongoing events today 11 - 4 Reiki	23 Closed Happy Holidays!
29 	30 11 - 4 Foot Reflexology **No Tai Chi w/Jody Class		

**Please
RSVP!**

**Registration required for
ALL programs.**

To sign up please call
608-845-7471.

(V) = Virtual Zoom Program

