

Monday

Tuesday

Wednesday

Thursday

Friday

DECEMBER 2011

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9:00 Balance & Mobility-Room 3-4
 9:00 Yarn Spinners-Room 1
 9:00 Longevity Stick
 9:00 Needlework-Room 10
 9:00 Intermediate Computer-Room 11
 10:00 Mah Jongg-Room 5
 10:00 Adult Fitness-Room A/B
 11:45 Lunch
 12:15 Bridge-Room 10
 12:30 Beginning Adult Fitness-Room 3-4
 12:45 Bingo
 1:30 Intro. to Dance Aerobics



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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 9:30 Stretch and Flex-East/West Room
 10:45 Low Impact Aerobics 2-E/W Room
11:00 "The Singing Goodtimers"-Dining Room
 11:45 Lunch
 12:45 Dance Aerobics 4-East/West Room

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8:00 Preventative Health
 9:00 Balance & Mobility-Room 3-4
 9:00 Yarn Spinners-Room 1
 9:00 Beginning Computer-Room 11
 10:00 Adult Fitness-E/W Room
 11:00 Health Talk-Medicine Safety-DR
 11:45 Lunch
 12:00 Mexican Train dominos-Room 10
 12:30 Beginning Adult Fitness-E/W Room
 12:00 Mexican Train Dominos-Room 10

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7:30 Chess-Room 5
 8:30 ESL-Room B
 9:00 Blood Pressure-Room 11
 9:00 Crafts-Room 1
 9:00 Longevity Stick
 9:00 Dance Aerobics 2-East/West Room
10:00 Musical Review/B'Day Lunch-DR
 10:30 Dance Aerobics 3-East/West Room
 12:15 Bridge-Room 10
 12:45 Dance Aerobics 4-East/West Room
 3:00 Dance Aerobics 2/3-East/West Room

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8:30 Tai Chi-East/West Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "Seabiscuit"
 9:30-11:15 Morning Bingo
 9:30 Sudoku-Room 5
 11:30 Lunch

Open 8:00 AM-1:00 PM



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9:00 Balance & Mobility-Room 3-4
 9:00 Yarn Spinners-Room 1
 9:00 Longevity Stick
 9:00 Needlework-Room 10
 9:00 Intermediate Computer-Room 11
 10:00 Mah Jongg-Room 5
10:00 Hi-Cap by Appointment
 10:00 Adult Fitness-Room A/B
 11:45 Lunch
 12:15 Bridge-Room 10
 12:30 Beginning Adult Fitness-Room 3-4
 12:45 Bingo
 1:30 Intro. To Dance Aerobics

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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 9:30 Stretch and Flex-East/West Room
10:00 Manicures & Haircuts-West Room
 10:45 Low Impact Aerobics 2-E/W Room
 11:45 Lunch
 12:45 Dance Aerobics 4-East/West Room

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8:00 Commodities-Room 5
 9:00 Balance & Mobility-Room 3-4
 9:00 Yarn Spinners-Room 1
 9:00 Beginning Computer-Room 11
 10:00 Adult Fitness-E/W Room
11:00 HOLIDAY PARTY-E/W Room
 12:30 Beginning Adult Fitness-East/West Room
 12:30 Bunco-Room 10
 12:45 Bingo

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7:30 Chess-Room 5
 8:30 ESL-Room B
 9:00 Blood Pressure-Room 11
 9:00 Crafts-Room 1
 9:00 Longevity Stick
 9:00 Dance Aerobics 2-East/West Room
 10:30 Dance Aerobics 3-East/West Room
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Dance Aerobics 4-East/West Room
 3:00 Dance Aerobics 2/3-East/West Room

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8:30 Tai Chi-A/B Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "Baby's Day Out"
 9:30-11:15 Morning Bingo
 9:30 Sudoku-Room 5
 11:30 Lunch



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9:00 Yarn Spinners-Room 1
 9:00 Longevity Stick
 9:00 Needlework-Room 10
 9:00 Intermediate Computer-Room 11
 10:00 Mah Jongg-Room 5
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Bingo



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7:30 Chess Club-Room 1
 8:30 ESL-Room B
10:00 Attorney-by appointment
 11:45 Lunch

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8:00 Preventive Health
 9:00 Yarn Spinners-Room 1
 9:00 Beginning Computer-Room 11
 11:45 Lunch
 12:00 Mexican Train Dominos-Room 10
 12:30 Diabetes Support Group-Room 5
 12:45 Bingo



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7:30 Chess-Room 5
 8:30 ESL-Room B
 9:00 Crafts-Room 1
 9:00 Longevity Stick
11:45 Lunch
 12:15 Bridge-Room 10

NO BLOOD PRESSURE TODAY

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8:30 Tai Chi-East/West Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "Home Alone"
 9:30-11:15 Morning Bingo
 9:30 Sudoku-Room 5
 11:30 Lunch

Open 8:00 AM-1:00 PM



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Happy Holidays! **28**

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CLOSED FOR CHRISTMAS BREAK

We re-open January 3rd

All dates, times and locations on this calendar are subject to change. Not all activities may be listed.