

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">December 2017</p>				<p>8:00 Walking Group 8:30 Tai Chi Practice 1 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:00 Sr. Annual Meeting & Christmas Party 10:30 Diabetes Support Group 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 5:30 Table Tennis <i>No Movie today.</i></p>
<p>8:00 Walking Group 8:30 Korean Dance 4 8:00 Laughlin Trip Departure 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health Video Exercise 9:30 & 12:30 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Support 1:00 Ballroom Class 1:00 Caring Companions 7:00 Alzheimer's Caregiver Support Group <i>No Needlecraft classes until January 8, 2018.</i></p>	<p>9:00 Hawaiian Dance Lessons 5 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:45 Staying Healthy Through the Holidays 1:00 Beginning Drama 6:00 Tuesday Evening Dance <i>No Staying Mentally Sharp, Creative Coloring Connection or Robin's Exercise & Health classes until January 9.</i></p>	<p>8:00 Walking Group 6 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Health Scams Seminar 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis <i>No Fit & Healthy with Kenny until January 10.</i></p>	<p>9:00 Zumba Gold 7 9:15 Senior Reading Club 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 4:00 Karaoke Up! <i>No Crocheting & Knitting, Fitness Zone Health or Exercise Plus Health Classes until January 11.</i></p>	<p>8:00 Walking Group 8 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 10:00 Korean Parkinson's Support Group 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 & 5:30 Table Tennis <i>No Movie today.</i></p>
<p>8:00 Walking Group 11 8:30 Korean Dance Class 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health Video Exercise 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 1:00 Ballroom Dance Class</p>	<p>9:00 Hawaiian Dance Lessons 12 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:45 Staying Healthy Through the Holidays 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 13 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis</p>	<p>9:00 Zumba Gold 14 9:15 Senior Reading Club 11:30 Lunch - SeniorServ 12:15 Legal Aid</p>	<p>8:00 Walking Group 15 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 10:00 Blood Pressure Checks 10:00 Photography & More 10:00 SeniorServ Holiday Luncheon 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 & 5:30 Table Tennis <i>No Movie today.</i></p>
<p>8:00 Walking Group 18 8:30 Korean Dance Class 9:00 Fun & Fitness Health Video Exercise 9:00 Longevity Stick Balance 9:00 & 12:30 Medicare Counseling -HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Ballroom Class 1:00 VITAS Bereavement Support Group</p>	<p>9:00 Hawaiian Dance Lessons 19 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 6:00 Tuesday Evening Dance <i>No Beginning Drama until January 9.</i></p>	<p>8:00 Walking Group 20 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga and Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis</p>	<p>9:00 Zumba Gold 21 9:15 Senior Reading Club 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ Dining Program 1:00 Senior Club Board Meeting</p>	<p>8:00 Walking Group 22 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ Dining Program 11:30 & 5:30 Table Tennis 12:30 Movie - "The Glass Castle"</p>
<p style="text-align: center;">Center Closed for Christmas Holiday 25</p>	<p>Same as Tuesday, December 19 except: 26 Delete: Tuesday Evening Dance</p>	<p>Same as Wednesday, December 20 27 except: Add: 10:00 Our World, 10:00 SeniorServ Bingo</p>	<p>Same as Thursday, December 21 except: 28 Add: SeniorServ Birthdays Delete: 9:00 Zumba Gold 10:45 Senior Grocery Program 1:00 Senior Club Board Meeting</p>	<p>Same as Friday, December 22 except: 29 Movie - "Maudie"</p>