

R=RSVP required \$=fee

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 9:00 - 10:00 Enhance Fitness 9:00 - 5:00 Foot Care Clinic (R) (\$) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Diabetic Support Grp (R) By appt: Digital Navigation</p>
<p>4 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:30 Holiday Glam Event w/ Mary Kay (R) 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along 3:00 - 5:00 Medicare Presentation 5:45 - 7:30 Ham Radio Grp 6:30 - 9:00 Quilters Grp</p>	<p>5 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 1:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:30 - 12:30 Holiday Lunch #1 (R) (\$) 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming</p>	<p>6 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Grp 1:00 - 2:30 Silver Sounds Holiday Show 1:00 - 3:00 Mahjong 3:00 - 4:00 Rejuvenating Yoga</p>	<p>7 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 11:00 - 12:00 Medicare Presentation 11:00 - 4:00 Foot Care Clinic (R) (\$) 12:00 - 3:00 Pinochle 12:00 - 4:00 Arts & Crafts Grp 1:00 - 2:00 Conversation & Friendship Corner 3:30 - 5:00 Legal Assistance (R) 7:00 - 10:00 Piano Bar (\$) By appt: Digital Navigation</p>	<p>8 09:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Book Club By appt: Digital Navigation</p>
<p>11 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 9:00 - 11:00 Foot Care Clinic (R) (\$) 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 3:00 - 5:00 OWLS</p>	<p>12 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 1:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:00 - 12:00 Coffee w/ Vets 11:30 - 12:30 Holiday Lunch #2 (R) (\$) 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:00 - 3:00 Low Vision Group (R) 2:30 - 4:00 Hand Drumming</p>	<p>13 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Journaling for Mindfulness 1:00 - 3:00 Mahjong 1:30 - 2:30 Virtual Caregivers Support Grp (R) 3:00 - 4:00 Rejuvenating Yoga</p>	<p>14 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 3:00 Pinochle 12:00 - 4:00 Arts & Crafts Grp 2:30 - 3:30 Current Events Grp (R) By appt: Digital Navigation</p>	<p>15 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 11:00 - 12:30 History Hour: Holiday Movies (R) (\$) 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 6:00 - 9:00 Rainbow Bingo (R) (\$) By appt: Digital Navigation</p>
<p>18 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 9:00 - 11:00 Foot Care Clinic (R) (\$) 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 6:30 - 9:00 Quilters Grp</p>	<p>19 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 1:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming</p>	<p>20 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Grp 1:00 - 3:00 Mahjong 3:00 - 4:00 Rejuvenating Yoga</p>	<p>21 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 03:00 Pinochle 12:00 - 04:00 Arts & Crafts Grp 1:00 - 2:00 Conversation & Friendship Corner 3:30 - 5:00 Legal Assistance (R) By appt: Digital Navigation</p>	<p>22 9:00 - 10:00 Enhance Fitness 9:00 - 2:00 Foot Care Clinic (R) (\$) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club By appt: Digital Navigation</p>
<p>25 Closed for Holidays</p>	<p>26 Closed for Holidays</p>	<p>27 Closed for Holidays</p>	<p>28 Closed for Holidays</p>	<p>29 Closed for Holidays</p>