

**DECEMBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b></p> <p>9:00 – 10:30 Healing Touch            10:00 – 11:00 Tai Chi            10:00 – 11:30 Handwork            12:00 – 3:00 Pinochle            12:00 – 4:00 Arts &amp; Crafts Group            1:00 – 2:30 Current Events Disc. Group            1:00 – 3:00 Holiday Spa Event w/ Mary Kay            3:30 – 5:00 Legal Assistance w/ John Llewellyn            5:00 – 7:00 Jewel of the Junction Event            7:00 – 10:00 Piano Bar            By appointment: Tech Programming</p>	<p><b>2</b></p> <p>9:00 – 10:00 Enhance Fitness            9:30 – 4:00 Foot Care Clinic w/ Keith            10:00 – 11:00 Balance &amp; Strength            11:30 – 12:30 Hatha Yoga            12:30 – 1:30 Scrabble Club            1:00 – 2:00 Diabetic Support Group            By appointment: Tech Programming</p>
<p><b>5</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 11:00 Gentle Chair Yoga            11:00 – 12:00 Line Dancing            1:00 – 2:30 Aging Well Group            1:00 – 2:30 UKES Sing-Along            1:00 – 3:00 Movies            3:30 – 5:00 Medicare Visits w/ David            5:45 – 7:30 HAM Radio Group            6:30 – 9:00 Quilters Group</p>	<p><b>6</b></p> <p>9:00 – 1:00 Sea Mar Community            9:00 – 4:30 Computer Lab            9:30 – 10:30 Get Moving!            10:00 – 11:00 Conversational German            11:45 – 12:30 Holiday Lunch            12:30 – 3:00 Cribbage            1:30 – 3:00 Chess Club            2:30 – 4:00 Hand Drumming Workshop            3:30 – 5:00 Medicare Presentation/Visits w/ Ann-Marie</p>	<p><b>7</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 10:30 Walking Wednesdays            10:00 – 11:00 Balance &amp; Strength            10:00 – 12:00 Party Bridge            11:00 – 12:30 Writing Group            1:00 – 2:30 History Hour w/ Sally Brandle            1:00 – 3:00 Mahjong            6:30 – 8:30 Dance Time w/ Lauren</p>	<p><b>8</b></p> <p>9:00 – 10:00 Surviving the Holidays w/ Healing Touch            10:00 – 11:00 Tai Chi            10:00 – 11:30 Handwork            12:00 – 3:00 Pinochle            12:00 – 4:00 Arts &amp; Crafts Group            6:00 – 9:00 Second Thursday Out            By appointment: Tech Programming</p>	<p><b>9</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:00 Dental Care Clinic            10:00 – 11:00 Balance &amp; Strength            11:30 – 12:30 Hatha Yoga            12:30 – 1:30 Scrabble Club            1:30 – 2:30 Book Club for Adventurous Readers            5:00 – 7:00 Holiday Music w/ Tom Huttyler            By appointment: Tech Programming</p>
<p><b>12</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 11:00 Gentle Chair Yoga            11:00 – 12:00 Line Dancing            1:00 – 2:30 Aging Well Group            1:00 – 2:30 UKES Sing-Along            1:00 – 3:00 Movies            3:15 – 5:00 OWLS</p>	<p><b>13</b></p> <p>9:00 – 1:00 Sea Mar Community            9:00 – 4:30 Computer Lab            9:30 – 10:30 Get Moving!            10:00 – 11:00 Conversational German            11:00 – 12:00 Coffee with Vets            11:45 – 12:30 Holiday Lunch            12:30 – 3:00 Cribbage            1:30 – 3:00 Chess Club            2:00 – 3:00 Low Vision Group            2:30 – 4:00 Hand Drumming Workshop</p>	<p><b>14</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 10:30 Walking Wednesdays            10:00 – 11:00 Balance &amp; 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 Group</p>	<p><b>15</b></p> <p>9:00 – 10:30 Healing Touch            10:00 – 11:00 Tai Chi            10:00 – 11:30 Handwork            12:00 – 3:00 Pinochle            12:00 – 4:00 Arts &amp; Crafts Group            1:00 – 2:00 Silver Sounds Holiday Show            1:00 – 2:30 Current Events Disc. Group            3:30 – 5:00 Legal Assistance w/ John Llewellyn            By appointment: Tech Programming</p>	<p><b>16</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 3:00 Foot Care Clinic w/ Carly            10:00 – 11:00 Balance &amp; Strength            11:30 – 12:30 Hatha Yoga            12:30 – 1:30 Scrabble Club            6:00 – 9:00 Rainbow Bingo            By appointment: Tech Programming</p>
<p><b>19</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 11:00 Gentle Chair Yoga            11:00 – 12:00 Line Dancing            1:00 – 2:30 Aging Well Group            1:00 – 2:30 UKES Sing-Along            1:00 – 3:00 Movies            6:30 – 9:00 Quilters Group</p>	<p><b>20</b></p> <p>9:00 – 2:00 Sea Mar Community            9:00 – 4:30 Computer Lab            9:30 – 10:30 Get Moving!            10:00 – 11:00 Conversational German            12:30 – 3:00 Cribbage            1:30 – 3:00 Chess Club            2:30 – 4:00 Hand Drumming Workshop</p>	<p><b>21</b></p> <p>9:00 – 10:00 Enhance Fitness            9:00 – 4:30 Computer Lab            10:00 – 10:30 Walking Wednesdays            10:00 – 11:00 Balance &amp; Strength            10:00 – 12:00 Party Bridge            11:00 – 12:30 Writing Group            1:00 – 3:00 Mahjong</p>	<p><b>22</b></p> <p>9:00 – 10:30 Healing Touch            10:00 – 11:00 Tai Chi            10:00 – 11:30 Handwork            12:00 – 3:00 Pinochle            12:00 – 4:00 Arts &amp; Crafts Group            By appointment: Tech Programming</p>	<p><b>23</b></p> <p>SENIOR CENTER CLOSED</p>
<p><b>26</b></p> <p>SENIOR CENTER CLOSED</p>	<p><b>27</b></p> <p>SENIOR CENTER CLOSED</p>	<p><b>28</b></p> <p>SENIOR CENTER CLOSED</p>	<p><b>29</b></p> <p>SENIOR CENTER CLOSED</p>	<p><b>30</b></p> <p>SENIOR CENTER CLOSED</p>