

Monday	Tuesday	Wednesday	Thursday
			1 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
5 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Brunch (Must Sign Up) 6:30 p.m. – Pinochle	6 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	7 8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch & Dan & Galla Christmas Show (Must Sign Up) (\$7/Member; \$10/Non-Member)	8 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
12 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Pot Luck Lunch (Sign Up) Ugly Sweater Creation (Watch for Details) 6:30 p.m. - Pinochle	13 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Barry Barrett 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	14 8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo	15 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga 2:30 p.m. – Ugly Sweater Parade/Party
19 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11 a.m. - Brunch & Chatterbug Society (Come Chat With Us) 6:30 p.m. – Pinochle	20 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	21 8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 – 3:30 –Snack Attack (Sign Up)	22 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
26 The Senior Center is Closed. Enjoy time with your families!! CLOSED!!!	27 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Barry Barrett 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	28 8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo	29 8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga