

## DECEMBER 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>3. 10-12 Cards/Games 10-11 Q&amp;A/Tech Help 10:30 Participants' Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> <b>1:00 Couponing</b> (off-site) 1-3 Food Box Pickup 2-3 Q&amp;A/Tech Help</p>	<p>4. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Balance Exercise 11-12 Q&amp;A/Tech Help 12:00 Lunch <b>1:00 Line Dancing (A)</b> <b>1:00 "Pinterest" Make It &amp; Take It (D)</b> 4:30 Zumba</p>	<p>5. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-12 Cards/Scrabble 12:00 Lunch <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p>6. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch <b>1:00 Final Expenses Presentation</b> 4:30 Zumba</p>	<p>7. <b>9-2 Fine Jewelry, Watch, Clock Repair, &amp; Appraisal Clinic</b> 10-12 Cards/Games 11:15-11:45 Gentle Stretching <b>12:00 PJ Party Theme Lunch</b> <b>1:00-3:00 Sewing with Janet</b></p>
<p>10. 10-12 Cards/Games 10-11 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> 2-3 Q&amp;A/Tech Help <b>6:30 Genealogy</b> <b>7:00pm Medicare 101</b></p>	<p>11. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Balance Exercise 11-12 Q&amp;A/Tech Help 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	<p>12. 8:30-11:30 Paint Class <b>9-12 Reflexology</b> 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help 10-12 Cards/Games 12:00 Lunch <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help <b>6:30 Christmas Stamping &amp; Decorating</b></p>	<p>13. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch <b>1:00 Ginger Bread Houses</b> 4:30 Zumba</p>	<p>14. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> <b>4:30-10:30 Koziar's Christmas Village Trip</b> <b>6:30-8:30pm Line Dancing</b></p>
<p>17. 9:00 Jane Freeman 10-12 Cards/Games 10-11 Q&amp;A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Christmas Caroling w/ Sally</b> <b>1:00 Couponing</b> (off-site) 2-3 Q&amp;A/Tech Help</p>	<p>18. <b>Christmas Trip Center is Closed Today</b>  Leave @ 9:00 am Return @ 4:30 pm</p>	<p>19. <b>Birthday Party</b> 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch <b>12:45 Sweet Life Music / Wear your favorite Christmas Sweater</b> <b>6-8pm Reflexology</b></p>	<p>20. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch <b>1:00 Holiday Craft</b> 4:30 Zumba</p>	<p>21. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cookie Swap Party (See details on page 6)</b> <b>6:30-8:30pm Line Dancing</b></p>
<p>24. <b>CLOSED TODAY! Merry Christmas Happy Holiday</b></p> 	<p>25. <b>CLOSED TODAY! Merry Christmas Happy Holiday</b></p> 	<p>26. 8:30-11:30 Paint Class 10-11 Q&amp;A/Tech Help 10-12 Cards/Games <b>10:30-12 Constituent Outreach</b> 12:00 Lunch <b>12:45 Bingo</b> 1-5 Hearing Appts. 2-3 Q&amp;A/Tech Help</p>	<p>27. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba</p>	<p>28. 9-11:30 Crafts 10-12 Cards/Games <b>NO</b> Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b></p>
<p>31. <b>New Year's Covered Dish Luncheon</b> 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>12:45 Glen Hough</b></p>			<p><b>A = Auditorium</b> <b>D = Dining Room</b></p>	