

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2022



<p>10:00 Worship (C) 4 1:30 Coffee & Chat (O) 6:30 Relaxation Exercises (64)</p>	<p>10:00 EnerG Exercises (O) 5 1:00 Exercises (64) 1:30 Pokeno (O) 3:00 Scam safety, Speaker Police Department (CT)</p>	<p>9 Hot Chocolate and cookies Christmas music (W) 6 10:30 Pilates (CT) 1:00 Exercises (64) 2:00 Friends in Harmony Christmas music(CT)</p>	<p>10:30 Active Games (CT) 7 1:00 Exercises (64) 1:30 Coffee & Chat Christmas game(GSA) 2:00 Bible Study (C) 3:00 Power Pump (TG)</p>	<p>10:30 Kickboxing(CT) 1 1:00 Exercises (64) 1:30 Rosary (64) 2:00 Mass (64) 6:30 Bingo (O) Theme Day: Wear Red & Green</p>	<p>10:00 EnerG Exercises(O) 2 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: The Christmas Card(CT) Door decorating contest starts 11-25 thru 12-20</p>	<p>11:00 Exercises (64) 3 6:30 Relaxation Exercises (64) 6:30 Bingo (GSA)</p>
<p>10:00 Worship (C) 11 1:30 Coffee & Chat (O) 6:30 Relaxation Exercises (64)</p>	<p>10:00 EnerG Exercises (O) 12 10:30 Baking Christmas Cookies (CT) 1:00 Exercises (64) 2:00 Pokeno (CT)</p>	<p>9 Hot choc. cookies & Christmas music(O) 13 10:30 Pilates (CT) 1:00 Exercises (64) 1:30-4 Christmas Crafts(CT) 2:00 Yahtzee (CT)</p>	<p>10:30 Active Games (CT) 14 1:00 Exercises (64) 2:00 Christmas Music/Birthday Party Music with Gig Noonan(GSA) 2:00 Bible Study (C)</p>	<p>10:30 Kickboxing(CT) 8 1:00 Exercises (64) 1:30 Rosary (C) 2:00 Mass (C) 6:30 Bingo (O) Theme Day: Wear a Christmas hat</p>	<p>10:00 EnerG Exercises(O) 9 10:15 Tai Chi (CT) 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: Christmas Shoes(CT)</p>	<p>11:00 Exercises (64) 10 6:30 Relaxation Exercises (64) 6:30 Bingo (GSA)</p>
<p>10:00 Worship (C) 18 1:30 Coffee & Chat (O) 6:30 Relaxation Exercises (64) Hanukkah Begins</p>	<p>10:00 EnerG Exercises (O) 19 10:30 Making Christmas Candy (CT) 1:00 Exercises (64) 2:00 Pokeno (GSA)</p>	<p>9:00 Hot chocolate & cookies with Christmas music(GSA) 20 10:30 Pilates (CT) 1:00 Exercises (64) 2:00 Christmas Sing a long with Guitar player(W) Door Judging</p>	<p>10:30 Active Games (CT) 21 1:00 Exercises (64) 1:30 Coffee & Chat Christmas treats & games (GSA) 2:00 Bible Study (C) 3:00 Power Pump (TG)</p>	<p>10:30 Kickboxing(CT) 15 1:00 Exercises (64) 1:30 Rosary (64) 2:00 Mass (64) 2:00 Crafts(O) 6:30 Bingo (O) Theme Day: Elf Day Wear outfit</p>	<p>10:00 EnerG Exercises(O) 16 10:15 Tai Chi (CT) 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: Christmas Oranges(CT)</p>	<p>11:00 Exercises (64) 17 6:30 Relaxation Exercises (64) 6:30 Bingo (GSA)</p>
<p>Merry Christmas! 25 10:00 Worship (C) 1:30 Coffee & Chat (O) 6:30 Relaxation Exercises (64) Christmas</p>	<p>10:00 EnerG Exercises (O) 26 10:30 Baking Veg. Pizza (CT) 1:00 Exercises (64) 2:00 Pokeno (W) Boxing Day (Canada) Kwanzaa Begins</p>	<p>9:00 Tea and Sweet Rolls(CT) 27 10:30 Pilates (CT) 1:00 Exercises (64) 2:00 Cribbage (CT) 2:10 Horse racing(O)</p>	<p>10:30 Active Games (CT) 28 1:00 Exercises (64) 1:30 Coffee & Chat(GSA) 2:00 Bible Study (C)</p>	<p>10:30 Kickboxing(CT) 29 1:00 Exercises (64) 1:30 Rosary (64) 2:00 Mass (64) 2:00 New Years Eve Crafts(GSA) 6:30 Bingo (O) Theme: Wear Sparkles!!</p>	<p>10:00 EnerG Exercises(O) 30 10:15 Tai Chi (CT) 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 New Years Eve Party (O) Music with Jerry Fisher</p>	<p>11:00 Exercises (64) 31 6:30 Relaxation Exercises (64) 6:30 Bingo (GSA) New Year's Eve</p>