



December 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Spades 10:00	2
3	4 AC-Christmas Parade 6pm Bunco 5pm *Check with Group Leader for possible date change	5 Sit & Fit 9:00 Stretch 9:45 Ballet Bar 10:15 Rook 12:00	6 Step & Tone 8:30 Phase 10 at 10:00 Line Dance 3pm	7 Sit & Fit 9:00 March & Move 10:00 Ballet Bar 10:45 Rook 12:00	8 Spades 10:00	9 City Christmas Downtown Event
10	11 Quilting Guild Day	12 Sit & Fit 9:00 Stretch 9:45 Ballet Bar 10:15 Rook 12:00	13 Step & Tone 8:30 Phase 10 at 10:00 Line Dance 3pm	14 Sit & Fit 9am <i>Parkinson's Support 10:30</i> Rook 12:00 Radio Club 6pm	15 Spades 10:00 Movie at the Gym 1pm	16
17	18 Phase 10 at 10:00	19 Sit & Fit 9:00 Stretch 9:45 Rook 12:00	20 <u>Christmas Party Bingo at 10am</u> See Bulletin Board for Details and Sign-Up	21 Sit & Fit 9:00 March & Move 10:00 Ballet Bar 10:45 Rook 12:00	22 Spades 10:00	23
24	25 Activity Center Closed	26 Activity Center Closed	27 Phase 10 at 10:00	28 Rook 12:00	29 Spades 10:00	30
31	Winter-Spring Exercise Program will start back the week of January 9th					