

LEGEND:  = Sign up **REQUIRED**, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room

Mon	Tue	Wed	Thu	Fri
1 9- Decorating the Center 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Creative Writers Group /G 10- Christmas Star Craft \$/CR  11:15- Chair Exercise /Lobby	2 8:30- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Christmas Jewelry Making \$/CR  11- Int. & Adv. Line Dancing \$ /D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 12:30p- Diabetes Prevention /G  1- Hatha Yoga \$ /D-CA	3 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:30- Christmas Card Making w/ Sue /CA 10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	4 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Holiday Music & Movement /G 11:15- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA	5  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G
8 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Coffee & Discussion /CA 11:15- Chair Exercise /Lobby 5- Quilts for Kids /CA	9 8:30- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Family Feud /CA 11- Int. & Adv. Line Dancing \$ /D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	10  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- Christmas Trivia Challenge /CA 10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	11 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Birthday/Anniversary Party  fea. Tom Shultz /CA 12:30- Chair Volleyball /Lobby	12  8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G
15 8:30- Breakfast in the Café \$  8:30- Chair Massage \$ (by appt)  9- Chair Yoga \$ /Lobby 10- Creative Writers Group /G 10- Scrapbooking with Bev /CR  11:15- Chair Exercise /Lobby	16 8:30- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  9-12 - Hearing Screenings /W & CO 10- Pinochle /C 10- Grief & Loss Support /G 10- Watch: Origins of Christmas Traditions /CA 11- Int. & Adv. Line Dancing \$ /D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	17 8:30- Breakfast in the Café \$  8:30- Wellness Check's /W  9- Chair Yoga \$ /Lobby 9:30- Paint with Pat \$ /CA  10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	18 Holiday Party & Meal  8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Holiday Party w/ Mr. & Mrs. Claus /CA  10:30- SGASD Orchestra /CA 12:30- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA 1- Silver Triangle Meeting /G	19  8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /Lobby 9- Parkinson's Exercise /G 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G
22 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Secret Santa Gift Exchange (\$15 Gift)/Cafe  10:45- SGASD Choral Groups /CA 11:15- Chair Exercise /Lobby	23 8- Silver Sneakers \$ /D-CA  8:30- Veteran's Outreach (by appt)  8:30- Tai Chi Chih \$ /Lobby  9:30- Dessert & Holiday Craft Auction \$/CA 10- Pinochle /C 11- Int. & Adv. Line Dancing \$ /D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA	24 Center Closes at Noon 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12pm-Closed for Christmas Eve	25 Center is Closed 	26 Center is Closed 
29  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:15- Monday Bingo \$ /CA 11:15- Chair Exercise /Lobby	30 Intergenerational Day 8- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  9:30- Sign-in: Intergenerational Day /Lobby  9:45- Crafts/Games: Intergenerational Day /CA  10- Pinochle /C 10:45- Snack Break: Intergenerational Day /Cafe  11- Int. & Adv. Line Dancing \$ /D-CA 11- Chair Volleyball: Intergenerational Day /Lobby 1- Hatha Yoga \$ /D-CA	31 New Years Meal  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12- New Years Eve Countdown Celebration /CA  12:30- Chair Volleyball /Lobby	 GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am Located in the Wellness Room	
DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room (Located inside of the Cafeteria) 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café				

*Activities may change if conditions warrant.