

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>				
Walking Group	9:00 AM	02	Senior Advisory Committee	9:00 AM	03	Friendship Circle	8:30 AM	04	Samba	9:00 AM	05	Walking Group	9:00 AM	06		
Ceramics	9:30 AM		Senior Circle	10:00 AM		Walking Group	9:00 AM		Senior Circle	10:00 AM		Ceramics	9:30 AM			
Women's Group	9:30 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		Scrabble	9:30 AM		Bingo	10:00 AM			
Strength & Flex	10:00 AM		Therapy Dogs	10:30 AM		Blood Pressure Drop In	9:30 AM		Cardio Drumming	10:00 AM		Strength & Flex	10:00 AM			
Men's Group	10:45 AM		Advanced Line Dancing	11:00 AM		Holiday Concert	10:00 AM		Lunch	12:00 PM		Light & Lively	11:00 AM			
Light & Lively	11:00 AM		Lunch	12:00 PM		Strength & Flex	10/11:00 AM		Square Dancing	12:30 PM		Lunch	12:00 PM			
Lunch	12:00 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Duplicate Bridge	12:20 PM		Setback	12:30 PM			
Body Sculpt/Pinochle	12:30 PM		Water & Oil	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Hiking Group	1:00 PM		Advanced Tai Chi	12:30 PM			
Music Circle	1:00 PM		Advanced Tai Chi	1:30 PM		Dominoes	12:45 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM			
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM		Light & Lively	1:20 PM		Quilting	1:00 PM		Beginner Tai Chi	1:30 PM			
Yoga	2:20/3:20 PM					Yoga	2:20/3:20 PM		Zumba Gold	2:30 PM		Foot Care—By Appointment				
Walking Group	9:00 AM	09	Senior Circle	10:00 AM	10	Friendship Circle	8:30 AM	11	Samba	9:00 AM	12	Walking Group	9:00 AM	13		
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group	9:00 AM		Senior Circle	10:00 AM		Ceramics	9:30 AM			
Women's Group	9:30 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM		Scrabble	9:30 AM		Bingo	10:00 AM			
Strength & Flex	10:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Cardio Drumming	10:00 AM		Strength & Flex	10:00 AM			
Men's Group	10:45 AM		Mahjong	12:30 PM		Strength & Flex	10/11:00 AM		Lunch	12:00 PM		Light & Lively	11:00 AM			
Light & Lively	11:00 AM		Movie: The Long Game	1:00 PM		Newcomer's Meeting	11:00 AM		Duplicate Bridge	12:20 PM		Lunch	12:00 PM			
Lunch	12:00 PM		Red Hats	1:00 PM		Lunch	12:00 PM		Hand & Foot	1:00 PM		Setback	12:30 PM			
Body Sculpt/Pinochle	12:30 PM		Water & Oil	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM			
Music Circle	1:00 PM		Advanced Tai Chi	1:30 PM		Dominoes	12:45 PM		Zumba Gold	2:30 PM		Cribbage	12:45 PM			
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM		Light & Lively	1:20 PM					Beginner Tai Chi	1:30 PM			
Yoga	2:20/3:20 PM		Mobile Mammography Van—By Appt.			Yoga	2:20/3:20 PM									
AARP SMART Driver Course	8:45 AM	16	Paint Program	9:30 AM	17	Friendship Circle	8:30 AM	18	Samba	9:00 AM	19	Walking Group	9:00 AM	20		
Walking Group	9:00 AM		Senior Circle	10:00 AM		Walking Group	9:00 AM		Senior Circle	10:00 AM		Ceramics	9:30 AM			
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		Scrabble	9:30 AM		Bingo	10:00 AM			
Women's Group	9:30 AM		Book Group	10:30 AM		Blood Pressure Drop In	9:30 AM		Holiday Party	11:00 AM		Strength & Flex	10:00 AM			
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Strength & Flex	10/11:00 AM		Hand & Foot	1:00 PM		Light & Lively	11:00 AM			
Men's Group	10:45 AM		Lunch	12:00 PM		Birthday Lunch	12:00 PM		Quilting	1:00 PM		Lunch	12:00 PM			
Light & Lively	11:00 AM		Mahjong	12:30 PM		Body Sculpt/Social Bridge	12:30 PM		File of Life—Appointment Only			Setback	12:30 PM			
Lunch	12:00 PM		Watercolor & Oil	1:00 PM		Dominoes	12:45 PM					Advanced Tai Chi	12:30 PM			
Body Sculpt/Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Light & Lively	1:20 PM					Cribbage	12:45 PM			
Music Circle	1:00 PM		Beginner Tai Chi	2:30 PM		Yoga	2:20/3:20 PM					Beginner Tai Chi	1:30 PM			
Light & Lively	1:20 PM											Foot Care—By Appointment				
Yoga	2:20/3:20 PM															
Walking Group	9:00 AM	23	CLOSED Happy Holidays		24	CLOSED Happy Holidays		25	Samba	9:00 AM	26	Walking Group	9:00 AM	27		
Women's Group	9:30 AM								Senior Circle	10:00 AM		Senior Circle	10:00 AM		Bingo	10:00 AM
Men's Group	10:45 AM								Scrabble	9:30 AM		Lunch	12:00 PM		Lunch	12:00 PM
Lunch	12:00 PM								Lunch	12:00 PM		Duplicate Bridge	12:30 PM		Setback	12:30 PM
Pinochle	12:30 PM								Hand & Foot	1:00 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM
Music Circle	1:00 PM								Quilting	1:00 PM		Quilting	1:00 PM			
Walking Group	9:00 AM	30	Senior Circle	10:00 AM	31	December 2024										
Women's Group	9:30 AM		Lunch	12:00 PM												
Men's Group	10:45 AM		Mahjong	12:30 PM												
Lunch	12:00 PM		Watercolor & Oil	1:00 PM												
Pinochle	12:30 PM															
Music Circle	1:00 PM			Available every day: 8:30 AM—4:15 PM Billiards Computer Room												