

December 2017



Hours of Operation Mon-Fri 10am-6pm

<p><u>Thursday Resource Day</u> <u>Shine Program Rep.</u> 1-3:00pm <u>Senior Whole Health Rep.</u> 12-2pm <u>Health Net Plan Rep.</u> 14th 28th 12-2pm</p>	<p><u>Fair Foods</u> Friday 1st, 15th, & 29th 3:00-5:00 \$2 bags Fresh Truck Thursdays 12-2pm</p>	<p>New 8 Week Class For Matter Of Balance Will Start In January.</p>		<p>1) <u>Friday</u> <u>Chair Hip-Hop</u> 10:30am-11:30pm <u>Crochet Club</u> 12pm-1pm <u>Bagua</u> (Cousin of Tai Chi) 1-2pm <u>Movie Matinee</u> 2:30-4:30pm</p>
<p>4) <u>Monday</u> Christmas <u>Memory Café</u> 11:00-1pm <u>Let's Get Dancing</u> 1-2pm <u>Meditation</u> 2-3pm</p>	<p>5) <u>Tuesday</u> <u>Matter Of Balance</u> 10:30am-12:30pm <u>Aqua Aerobics</u> 11:30-1:30 <u>Line Dancing</u> 2pm-3pm <u>Social Time</u> 3-5pm</p>	<p>6) <u>Wednesday</u> <u>Jewelry Making</u> 10:00-12:00pm <u>Low Cardio Class</u> 12-1pm <u>Dealer's Hand</u> 1:00-5pm</p>	<p>7) <u>Thursday</u> <u>Chair Yoga</u> 11-12pm <u>Art Meditation</u> 12-2pm <u>Bingo</u> 2:30-4:30</p>	<p>8) <u>Chair Hip-Hop</u> 10:30am-11:30pm <u>Crochet Club</u> 12pm-1pm <u>Bagua</u> (Cousin of Tai Chi) 1-2pm <u>Movie Matinee</u> 2:30-4:30pm</p>
<p>11) <u>Tai Chi</u> 10-11:00am <u>Let's Get Dancing</u> 1-2pm <u>Meditation</u> 2-3pm</p>	<p>12) <u>Aqua Aerobics</u> 11:30-1:30 <u>Line Dancing</u> 2pm-3pm <u>Social Time</u> 3-5pm</p>	<p>13) <u>Jewelry Making</u> 10:00-12:00pm <u>Low Cardio Class</u> 12-1pm <u>Dealer's Hand</u> 1:00-5pm</p>	<p>14) <u>Chair Yoga</u> 11-12pm <u>Art Meditation</u> 12-2pm <u>Bingo</u> 2:30-4:30</p>	<p>15) <u>Chair Hip-Hop</u> 10:30am-11:30pm <u>Crochet Club</u> 12pm-1pm <u>Bagua</u> (Cousin of Tai Chi) 1-2pm <u>Movie Matinee</u> 2:30-4:30pm</p>
<p>18) <u>Tai Chi</u> 10-11:00am <u>Let's Get Dancing</u> 1-2pm <u>Meditation</u> 2-3pm</p>	<p>19) <u>Senior Monthly Meeting</u> 11am-1pm <u>Aqua Aerobics</u> 11:30-1:30 <u>Line Dancing</u> 2pm-3pm <u>Social Time</u> 3-5pm</p>	<p>20) <u>Christmas Bingo Luncheon</u> 1pm-4pm</p>	<p>21) <u>Vine St. members only</u> <u>Fishing Club</u> <u>Monthly Meet</u> 10am-1pm <u>Chair Yoga</u> 11-12pm <u>Art Meditation</u> 12-2pm <u>Bingo</u> 2:30-4:30</p>	<p>22) <u>Chair Hip-Hop</u> 10:30am-11:30pm <u>Crochet Club</u> 12pm-1pm <u>Bagua</u> (Cousin of Tai Chi) 1-2pm <u>Movie Matinee</u> 2:30-4:30pm</p>
<p>25) <u>HOLIDAY CHRISTMAS</u> <u>Senior Center Closed</u></p>	<p>26) <u>Aqua Aerobics</u> 11:30-1:30 <u>Line Dancing</u> 2-3pm <u>Social Time</u> 3-5pm</p>	<p>27) <u>Jewelry Making</u> 10:00-12pm <u>Low Cardio Class</u> 12:00-1pm <u>Dealer's Hand</u> 1:00-5pm</p>	<p>28) <u>Chair Yoga</u> 11-12pm <u>Art Meditation</u> 12-2pm <u>Bingo</u> 2:30-4:30</p>	<p>29) <u>Chair Hip-Hop</u> 10:30am-11:30pm <u>Crochet Club</u> 12pm-1pm <u>Bagua</u> (Cousin of Tai Chi) 1-2pm <u>Movie Matinee</u> 2:30-4:30pm</p>