## DECEMBER 2024

## (609) 799-9068

Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>
2 9:15 Form & Function -	3 8:30 Strength - Kelly	4 8:15 Walking	5 8:15 Total Body Toning - Vin	6 8:15 Walking
Kelly (activity room)	(activity room) 09:00 Spanish I- Nelida	(double classroom) 9:15 Form & Function - Kelly	(activity room) 9:30 Yoga – Mireille	(double classroom) 8:30 Strength - Lisa
10:15 Yoga – Kelly (activity room)	(library/ZOOM) 09:30 Yoga-Kelly	(activity room) 09:30 Qigong Class	(activity room) 10:00 Art of Watercolor -	(activity room) 9:30 Chinese Hour - Sylvia
11:00 Art of Oil Painting – Zakia (double classroom) \$\$\$	(activity room) 10:00 Spanish II - Nelida	(double classroom) 10:00 Balance – Anna ZOOM	Margaret (double classroom) \$\$\$\$	(library) 09:30 Tai Chi - Hsueh
11:30 Strength - Ed (activity room)	(library/ZOOM) 11:30 Chair, Stretch & Tone	11:00 Chair Yoga – Ed (activity room)	11:00 Cardio - Vin (activity room)	(activity room) 11:00 Strength - Anna ZOOM
1:00 - 3:00	- Lisa (activity room)	11:45 Duplicate Bridge	1:00 Investment Group (double classroom)	1:00 Real Estate Lecture
Session 8- H.O.P.E. (library)	1:00 Bingo (double classroom)	(double classroom) 2:50 International Ballroom	1:00 Zumba - Vin (activity room)	(activity room)
		(activity room) 3:15 Tech-Mate Program		
9 9:15 Form & Function - Kelly	10 8:30 Strength - Kelly (activity room)	11 8:15 Walking (double classroom)	12 8:15 Total Body Toning - Vin (activity room)	13 8:15 Walking (double classroom)
(activity room) 10:15 Yoga – Kelly	09:00 Spanish I - Nelida (library/ZOOM) \$\$\$\$	9:15 Form & Function – Kelly (activity room)	10:00 Art of Watercolor - Margaret	8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting -	09:30 Yoga-Kelly (activity room)	09:30 Qigong Class (double classroom)	(double classroom) \$\$\$\$ 11:00 Cardio - Vin	9:30 Chinese Hour - Sylvia (library)
Zakia (double classroom) \$\$\$	10:00 Spanish II - Nelida (library/ZOOM) \$\$\$\$	10:00 Balance -Anna ZOOM	(activity room) 1:00 Investment Group	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	10:00 Health Dept Jeopardy (double classroom)	11:00 Chair Yoga – Ria (activity room)	(double classroom) 1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
1:00 - 3:00 Session 9- H.O.P.E. (library)	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:45 Duplicate Bridge (double classroom)	(activity room) 4:00-6:00	2:00 Music Appreciation (activity room)
)/	······································	2:50 International Ballroom (activity room) \$	COVID CLINIC	
16 9:15 Form & Function -	17 8:30 Strength -Kelly	18 9:15 Form & Function - Kelly	19 8:15 Total Body Toning - Vin	20 8:15 Walking
Kelly (activity room)	(activity room) 09:00 Spanish I -Nelida	(activity room) 09:30 Qigong Class	(activity room) 9:30 Yoga - Mireille	(double classroom) 8:30 Strength - Lisa
10:15 Yoga – Kelly (activity room)	(library/ZOOM) \$\$\$\$ 09:30 Yoga-Ria	(activity room) 11:00 Blood Pressure	(activity room) 10:00 Art of Watercolor -	(activity room) 9:30 Chinese Hour - Sylvia
11:00 Art of Oil Painting – Zakia (double classroom) \$\$\$	(activity room) 10:00 Spanish II -Nelida	Screening 10:00 Balance - Anna ZOOM	Margaret (double classroom) \$\$\$\$	(library) 09:30 Tai Chi - Hsueh
<pre>(double classion) \$\$\$ 11:30 Strength - Ed (activity room)</pre>	(library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone	11:00 Chair Yoga - Ed (activity room)	11:00 Cardio - Vin (activity room)	(activity room) 11:00 Strength - Anna ZOOM
1:00 - 3:00 Session 10- H.O.P.E.	- Lisa (activity room)	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	
(library)		2:50 International Ballroom (activity room)	1:00 Zumba – Vin (activity room)	
		3:15 Tech-Mate Program		
23 9:15 Form & Function -	24	25 MERRY CHRISTMAS!	26 HAPPY HANUKKAH!	27
Kelly (activity room)				
10:15 Yoga – Kelly (activity room)	SENIOR	SENIOR	SENIOR	SENIOR
11:00 Art of Oil Painting - Zakia	CENTER	CENTER	CENTER	CENTER
(double classroom) \$\$\$ 11:30 Strength - Ed	CLOSED	CLOSED	CLOSED	CLOSED
(activity room)				
30	31 HAPPY NEW YEAR!			
SENIOR	SENIOR			
CENTER	CENTER			
CLOSED	CLOSED			