

DECEMBER 2024

(609) 799-9068

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