

December 2018

Mon		Tue		Wed		Thu		Fri	
3		4		5		6		7	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga	12:30	Friday Flick
12:00	Hanukkah Lunch	10:00	Blood Pressure			2:00	Stroke Support Group		
		10:30	Medicare Workshop						
		1:00	Art Club						
10		11		12		13		14	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga	12:00	Cookies & Carols Lunch
		10:00	Blood Pressure	12:00	Poinsettia Lunch			12:30	Friday Flick
		1:00	Art Club						
17		18		19		20		21	
10:00	Total Body Fitness	9:30	Bocce Ball	10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
1:00	Bingo	9:30	Tai Chi	1:00	Chess	12:30	Golden Age Yoga	12:00 Christmas Lunch with the Young Men of Broadway Tom Horvath	
		10:00	Blood Pressure			2:00	Stroke Support Group		
		1:00	Art Club						
24		25		26		27		28	
				10:00	Total Body Fitness	9:30	Tai Chi	10:00	Total Body Fitness
				1:00	Chess	12:30	Golden Age Yoga	12:00	Birthday Lunch
									
31		Golden Age Lunch M - F 12:00 Noon Coffee Talk 9:00 am - 2:00 pm							
10:00	Total Body Fitness								
1:00	Bingo								