

Monday

Tuesday

Wednesday

Thursday

Friday



Mark your calendars:



Zumba Gold coming in January. Time to make those New Year's resolutions to have fun and get into shape.

1
9AM PUZZLING PICTURE/RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHY STEPS EXERCISE
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15 PM **EVERYTHING YOU EVER WANTED TO KNOW ABOUT MONEY**
1PM HAND AND FOOT CANASTA
SAT, DEC 2, 9-11 AM TAI CHI (Must pre-register)

4
9AM RUMMIKUB
9:45AM HEALTHY STEPS EXERCISE
9:30AM PENNY POKER
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON BRIDGE
NOON MUSIC WITH AMY
12:15PM **HOME NURSING AGENCY PRESENTATION**
12:15PM MUSICAL QIGONG
5:15PM STRETCH, WEIGHTS, & WALK

5
9AM RUMMIKUB / PUZZLES
10AM HIKING
10AM HEALTHY LIVING (JUICE PLUS)
11AM WEIGHT TRAINING
NOON NICKLE BINGO
1PM CANASTA



6
9AM RUMMIKUB
PUZZLES
10 AM **DEPRESSION AND THE HOLIDAYS**
10:45AM LINE DANCING
1:00 PM MAH JONGG BEGINNERS

5-7 PM TAI CHI **(Must pre-register)**

7
9AM GROCERY SHOPPING
9AM RUMMIKUB
11AM WEIGHT TRAINING
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK



8
9AM PUZZLING PICTURE
RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHY STEPS EXERCISE
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15 PM BELL CHOIR PRACTICE
1PM HAND AND FOOT CANASTA

SAT, DEC 9, 9-11 AM TAI CHI (Must pre-register)

11
9AM RUMMIKUB
9:45AM HEALTHY STEPS EXERCISE
9:30AM PENNY POKER
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON - 2:30PM BRIDGE
12:15PM MUSICAL QIGONG

5:15PM STRETCH, WEIGHTS, & WALK


12
9AM RUMMIKUB
 PUZZLES
10AM HIKING
11AM WEIGHT TRAINING
12:30PM SECOND WINDS BAND
 PRACTICE
1PM CANASTA



13
10:30AM COOKING WITH LACRETA
HOLIDAY PARTY AT THE CENTER
BRING AN APPETIZER TO SHARE
SECOND WINDS BAND ENTERTAINING
10:45AM LINE DANCING
12:30 GENEALOGY CLUB (IN COMMUNITY ROOM AT MALL)
1:00 PM MAH JONGG BEGINNERS
5-7 PM TAI CHI (Must pre-register)

14
9AM GROCERY SHOPPING
9AM RUMMIKUB
10AM TRIAD MEETING
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK

15
 HOLIDAY PARTY
 AT THE
 PENN STATER

CENTER CLOSED
 (Must pre-register)

18
9AM RUMMIKUB
9:45AM HEALTHY STEPS EXERCISE
9:30AM PENNY POKER
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON - 2:30PM BRIDGE
12:00-1:00 CHRISTMAS MUSIC WITH JOE
12:15PM MUSICAL QIGONG

5:15PM STRETCH, WEIGHTS, & WALK



19
9 AM HIKING
10 AM RUMMIKUB
11 AM WEIGHT TRAINING

1PM:
CENTER CLOSED FOR COMPANY HOLIDAY PARTY

20
9AM RUMMIKUB
 PUZZLES
10:45AM LINE DANCING
10:30AM OMNI BLOOD PRESSURE
12:15PM BOOK DISCUSSION GROUP
1:00 PM MAH JONGG BEGINNERS

5-7 PM TAI CHI (Must pre-register)

21
9AM GROCERY SHOPPING
9AM RUMMIKUB
11AM WEIGHT TRAINING
10:30 BEGINNER BRIDGE LESSONS
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK

22
9AM PUZZLING PICTURE
 RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHLY STEPS EXERCISE
10:45AM LINE DANCING
NOON DIME BINGO
1PM HAND AND FOOT CANASTA

SAT, DEC 23, 9-11 AM TAI CHI (Must pre-register)



25



CENTER CLOSED

26
COST SAVINGS DAY
NO MEALS OR TRANSPORTATION

10AM HIKING
11AM WEIGHT TRAINING
12:30PM SECOND WINDS BAND PRACTICE
1PM CANASTA

27
9AM RUMMIKUB / PUZZLES
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE WITH ARISTACARE
1:00 PM MAH JONGG BEGINNERS

5-7 PM TAI CHI (Must pre-register)

28
9AM GROCERY SHOPPING
9AM RUMMIKUB
11AM WEIGHT TRAINING
10:30 BEGINNER BRIDGE LESSONS
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK



29
9AM PUZZLING PICTURE
 RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHLY STEPS EXERCISE
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15 PM BELL CHOIR PRACTICE
1PM HAND AND FOOT CANASTA

SAT, DEC 30, 9-11 AM TAI CHI (Must pre-register)