


2018 December	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
REMINDERS County Lunch and Van Reservations must be made 24 hours in advance by NOON and are only available on weekdays. New participants must fill out a registration form. Suggested Donation for Lunch-\$1.25 BINGO Monday-Thursday 10:00-11:15	31	*				1	
	8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Scrambled Eggs 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	** Please Note Changes for December**					Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30
	3	4	5	6	7	8	
	8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Meatloaf/Gravy 12:15 Tai Chi Cancelled 12:30 Mah Jong 1:00 Social Bridge <i>Holiday Lights</i>	9:00 Chair Yoga- Lynn 11:30 Eggplant Rollatini 1:00 Game Time 2:00 Shuffleboard <i>Senior Tech</i>	9:00 Tai Chi - Hasmig 11:30 Chicken Chipolte 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts <i>Trivía & Bagels</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Breaded Fish 12:30 Rummikub 1:00 Rummy/Cards <i>Holiday Luncheon</i>	9:00 Tai Chi-Hasmig 10:00 Ballroom Dancing 11:30 Chicken Parm 12:30 Rummikub 1:00 Movie Matinee 1:00 Social Bridge	Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30	
	10	11	12	13	14	15	
8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Roast Turkey 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga- Lynn 11:30 Baked Cod 1:00 Game Time 2:00 Shuffleboard <i>Senior Tech</i>	9:00 Tai Chi - Hasmig 11:30 Hamburger 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Scrabble/MahJong 1:30 Arts & Crafts <i>Unicity Program</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Pork Sausage 12:30 Rummikub 1:00 Rummy/Cards <i>NMHS Concert</i>	10:00 Holiday Zumatra 11:30 Chicken Scampi 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30		
*** WISH LIST *** Cookies Coffee Cups Paper Cups ***** PLEASE NOTE THAT ALL CLASSES, PROGRAMS, AND EVENTS ARE SUBJECT TO CHANCE AND CANCELLATION. ***** ***** <div style="border: 1px solid black; padding: 5px; width: fit-content;"> HOURS Monday - Friday 8am - 4pm Saturday 9am - 1pm </div>	17	18	19	20	21	22	
	8:30 Yoga Mat Class 10:00 Aerobics-Mary 11:30 Sweet&Sour Meatball 12:15 Tai Chi-Hasmig 12:30 Mah Jong 1:00 Social Bridge	9:00 Chair Yoga- Lynn 11:30 Meat Lasagna 1:00 Game Time 2:00 Shuffleboard <i>Exercise with Gene</i>	9:00 Tai Chi Cancelled 10:30 Cerebral Gymnastics 11:30 Breaded Pollack 12:15 Chair Yoga-Mary 12:30 Rummikub 1:30 Arts & Crafts <i>Gibbs Concert</i>	9:30 Santa Stretch 10:30 Grab Bag 11:30 BBQ Beef Rib 12:30 Entertainment 12:30 Rummikub 1:00 Rummy/Cards <i>Holiday Party</i>	9:00 Tai Chi-Hasmig 11:30 Chicken Picatta 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	CLOSED	
	24	25	26	27	28	29	
	CLOSED	CLOSED	9:00 Tai Chi-Hasmig 11:30 Pork Chop 12:15 Chair Yoga-Mary 12:30 Rummikub 1:00 Mahjong/Scrabble <i>Early New Year</i>	8:45 Exercise/Steve 9:45 Exercise/Steve 11:00 Meditation 11:30 Balsamic Chicken 12:30 Rummikub 1:00 Rummy/Cards	10:00 Tone&Strength Ex 11:30 Turkey Chili 12:30 Rummikub 1:00 Social Bridge 1:00 Movie Matinee	Wellness Program Tai Chi 9:30 Move & Groove 10:00 Light Breakfast 10:30 Trivia Challenge 11:00 Game Hour 11:30	