

SR. CTR. CALENDAR

Dec 2016 (Eastern Time)

Mon	Tue	Wed	Thu	Fri
28 9am - CHOICES APPTS 10am - Quilt on Own 1:45pm - Y-Yoga	29 medical out of district 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 1pm - Bible Study 1pm - BINGO 1pm - Energy Assistance 4:30pm - Tai Chi	30 10am - Men can talk 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In Conversation @ 12:30pm - Belltones12:30-2:30 1pm - Energy Assistance	1 10am - Cindy's exercise 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback 6pm - Chestelm Dinner and Brain	2 Reflexology 10:30am - Generational Exchange 12:30pm - Bridge 1pm - Knit/Crochet Group
5 10am - Quilt on Own 10:30am - Blood Pressure Clinic 12pm - November and December 1pm - Senior Club mtg 1:45pm - Y-Yoga	6 Out of District MEDICAL APPTS 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 1pm - Bible Study 1pm - BINGO 1pm - Energy Assistance 4:30pm - Tai Chi	7 10am - Men can talk 10am - Open Art Studio 10am - Sojourn Bears 11am - Women In Conversation @ 12:30pm - Belltones12:30-2:30 1:30pm - Art with Karen	8 10am - Cindy's exercise 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback 1pm - Lion's Event 1pm - Travel Meeting 4pm - COA mtg 7pm - Santa's Workshop-Middle	9 10:30am - Generational Exchange 12:30pm - Bridge 12:30pm - cromwell12:30 4hrs. 1pm - Knit/Crochet Group
12 10am - Quilt on Own 1:45pm - Y-Yoga	13 medical trip- 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 1pm - Bible Study 1pm - BINGO 1pm - Book Club	14 CRT Holiday luncheon 10am - Men can talk 10am - Open Art Studio 10am - Sojourn Bears	15 10am - Cindy's exercise 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback	16 Reflexology 10:30am - Generational Exchange 11:45am - Cheers to Healthy 12:30pm - Bridge 1pm - Knit/Crochet Group
19 10am - Quilt on Own 10:30am - Blood Pressure Clinic 1:45pm - Y-Yoga	20 Medical trip 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 1pm - Bible Study 1pm - BINGO 4pm - HOLIDAY LIGHTS & DINNER	21 10am - Men can talk 10am - Open Art Studio 10am - Sojourn Bears 10:15am - CHENEY CULINARY 11am - Women In Conversation @ 12:30pm - Belltones12:30-2:30	22 10am - Cindy's exercise 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback	23 Special Lunch 10am - Movie Day 12:30pm - Bridge 1pm - Knit/Crochet Group 2pm - ?? @2pm Closing?
26 Christmas Holiday, Closed	27 medical out of district 10am - Cindy's Exercise 11am - Y-Tone "N Stretch 1pm - Bible Study 1pm - BINGO	28 10am - Men can talk 10am - Open Art Studio 10am - Sojourn Bears 12:30pm - Belltones12:30-2:30	29 10am - Cindy's exercise 11am - Y-Tone "N Stretch 11:15am - Tap Dance 12:30pm - Setback	30 Reflexology 12:30pm - Bridge 1pm - Knit/Crochet Group