

# DECEMBER 2024

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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
<b>23</b>	<b>24</b>	<b>25 MERRY CHRISTMAS!</b>	<b>26 HAPPY HANUKKAH!</b>	<b>27</b>
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)	<b>SENIOR CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b>
<b>30</b>	<b>31 HAPPY NEW YEAR!</b>			
<b>SENIOR CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b>			