DECEMBER 2024

(609) 799-9068

Monday	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:15 Form & Function -	8:30 Strength - Kelly	4 8:15 Walking	5 8:15 Total Body Toning - Vin	6 8:15 Walking
Kelly (activity room) 10:15 Yoga - Kelly	<pre>(activity room) 09:00 Spanish I- Nelida (library/ZOOM)</pre>	(double classroom) 9:15 Form & Function - Kelly (activity room)	(activity room) 9:30 Yoga - Mireille (activity room)	(double classroom) 8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting -	09:30 Yoga-Kelly (activity room)	09:30 Qigong Class (double classroom)	10:00 Art of Watercolor - Margaret	9:30 Chinese Hour - Sylvia (library)
Zakia (double classroom) \$\$\$	10:00 Spanish II - Nelida (library/ZOOM)	10:00 Balance - Anna ZOOM	(double classroom) \$\$\$\$ 11:00 Cardio - Vin	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Lisa (activity room)	11:00 Chair Yoga - Ed (activity room)	<pre>(activity room) 1:00 Investment Group</pre>	11:00 Strength - Anna ZOOM
1:00 - 3:00 Session 8- H.O.P.E. (library)	1:00 Bingo (double classroom)	11:45 Duplicate Bridge (double classroom)	(double classroom) 1:00 Zumba - Vin	1:00 Real Estate Lecture (activity room)
		2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	(activity room)	
		71-2 1-3-1 1-3-1 1-3-1		
9 9:15 Form & Function - Kelly	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
(activity room) 10:15 Yoga - Kelly	09:00 Spanish I - Nelida (library/ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	10:00 Art of Watercolor - Margaret	8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting -	09:30 Yoga-Kelly (activity room)	09:30 Qigong Class (double classroom)	(double classroom) \$\$\$\$ 11:00 Cardio - Vin	9:30 Chinese Hour - Sylvia (library)
Zakia (double classroom) \$\$\$ 11:30 Strength - Ed	10:00 Spanish II - Nelida (library/ZOOM) \$\$\$\$	10:00 Balance -Anna ZOOM 11:00 Chair Yoga - Ria	<pre>(activity room) 1:00 Investment Group (double classroom)</pre>	09:30 Tai Chi - Hsueh (activity room)
(activity room) 1:00 - 3:00	10:00 Health Dept Jeopardy (double classroom)	(activity room) 11:45 Duplicate Bridge	1:00 Zumba - Vin (activity room)	11:00 Strength - Anna ZOOM
Session 9- H.O.P.E. (library)	11:30 Chair, Stretch & Tone - Lisa (activity room)	(double classroom) 2:50 International Ballroom (activity room) \$	4:00-6:00 COVID CLINIC	2:00 Music Appreciation (activity room)
16 9:15 Form & Function - Kelly	17 8:30 Strength -Kelly (activity room)	18 9:15 Form & Function - Kelly (activity room)	19 8:15 Total Body Toning - Vin (activity room)	20 8:15 Walking (double classroom)
(activity room) 10:15 Yoga - Kelly	09:00 Spanish I -Nelida (library/ZOOM) \$\$\$\$	09:30 Qigong Class (activity room)	9:30 Yoga - Mireille (activity room)	8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting -	09:30 Yoga-Ria (activity room)	11:00 Blood Pressure Screening	10:00 Art of Watercolor - Margaret	9:30 Chinese Hour - Sylvia (library)
Zakia (double classroom) \$\$\$	10:00 Spanish II -Nelida (library/ ZOOM) \$\$\$\$	10:00 Balance - Anna ZOOM	(double classroom) \$\$\$\$ 11:00 Cardio - Vin	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Lisa	11:00 Chair Yoga - Ed (activity room)	(activity room) 1:00 Investment Group	11:00 Strength - Anna ZOOM
1:00 - 3:00 Session 10- H.O.P.E. (library)	(activity room)	11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom	(double classroom) 1:00 Zumba - Vin (activity room)	
		(activity room) 3:15 Tech-Mate Program	(activity room)	
23	24	25 MERRY CHRISTMAS!	26 HAPPY HANUKKAH!	27
9:15 Form & Function - Kelly (activity room)				
10:15 Yoga - Kelly (activity room)	SENIOR	SENIOR	SENIOR	SENIOR
11:00 Art of Oil Painting -	CENTER	CENTER	CENTER	CENTER
Zakia (double classroom) \$\$\$	CLOSED	CLOSED	CLOSED	CLOSED
11:30 Strength - Ed (activity room)	CLOSED	CLOSED	CLOSED	CLOSED
30	31 HAPPY NEW YEAR!			
SENIOR	SENIOR			
CENTER	CENTER			
CLOSED	CLOSED			