

Calendar of Activities - December 2024

| Monday - December 2 | Tuesday - December 3 | Wednesday - December 4 | Thursday - December 5 | Friday - December 6 |
|---|---|---|---|---|
| 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation | 6:00-6:45a Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native Amer. Stories Meanings 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00a-12:00n American Mah-jongg 11:30a-12:30p Identity Theft Solutions 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-3:00p Winter Wonderland Paint Party 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata | 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00n AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:30-2:30p Living w/Cognitive Impairment 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night | 6:00-6:45a Fast Fitness 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-10:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00-11:00a Dementia Support Group 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata | 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing for Fun 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 3:00-6:00p Holiday Decoration Workshop 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance |
| 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation | 6:00-6:45a Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native Amer. Stories Meanings 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00a-12:00n American Mah-jongg 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 2:30-3:30p Understanding Alzheimer's 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata | 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00n AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:30-2:30p Coping w/Holiday Depression 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night | 6:00-6:45a Fast Fitness 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-2:00p Hearing Aids Cleaned 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata | 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance |
| 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation | 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 12:30-4:00p Intern./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 6:00-7:00p Senior Tabata | 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00n AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00p Bridge 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 1:30-2:30p Planning Final Arrangements 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night | 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata | 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Intern./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance |
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