ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
	**1** 9:00 AM:FITGROUPDRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT!	**2** 8:45 AM: YOGA 1 10:00 AM: SSCIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	**3** 9:00 AM : CHAIR YOGA 9:30 AM: CRAFTS 10:30 AM: SOMATICS 12:30 PM: LUNCH & LEARN	**4** 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
7 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	**8** 9:00 AM:FITGROUPDRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! ORTHO BIONOMY	**9** 8:45 AM: YOGA 1 10:00 AM: SSCIRCUIT 11:30 AM: CARDIO & STRENGTH 12:00 PM: LUNCH W FRIENDS 1:00 PM: BINGO	**10** 9:00 AM : CHAIR YOGA 9:00 AM: MENS COFFEE 9:30 AM: CRAFTS 10:30 AM: SOMATICS	**11** 9:45 AM: LINE DANCING 10:30 AM: HOLIDAY MARKET 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
14 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: CASINO 11:45: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	**15** 9:00 AM: FIT GROUP DRUMS 10:00AM: SSSTABILITY& BALANCE 11:00 AM: JUST MOVE IT! 12:00 PM: CHRISTMAS LUNCHEON	**16** 8:45 AM: YOGA 1 10:00 AM: SSCIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	**17** 9:00 AM : CHAIR YOGA 9:30 AM: CRAFTS 10: 30 AM: SOMATICS 2:00 PM: TEA TALKS	**18** 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
21 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	**22** 9:00 AM: FIT GROUP DRUMS 10:00AM: SSSTABILITY& BALANCE 11:00 AM: JUST MOVE IT!	**23** 8:45 AM: YOGA 1 10:00 AM: SSCIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	**24**  	
28 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	**29** 9:00 AM: FIT GROUP DRUMS 10:00AM: SSSTABILITY& BALANCE 11:00 AM: JUST MOVE IT! 12:00 PM: BIRTHDAY LUNCH	**30** 8:45 AM: YOGA 1 10:00 AM: SSCIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	31 9:00 AM : CHAIR YOGA 9:30 AM: CRAFTS 10:30 AM: SOMATICS	