

**DECEMBER 2024 SENIOR CENTER PROGRAMS**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12/2</b> 9:00 Yoga 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	<b>12/3</b> 9:00 Zumba Gold 10:30 Balance 10:45 **Trip – Bowl-A-Roll 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/4</b> 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	<b>12/5</b> 9:00 Zumba Gold 9:30 **Tech w/Ginny 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/6</b> 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
<b>12/9</b> 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	<b>12/10</b> 9:00 Zumba Gold 10:30 Balance 12:00 **Appetizer Party 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/11</b> 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	<b>12/12</b> 9:00 Zumba Gold 9:00 **AARP Driver's Safety 10:30 Movie – A Christmas Story 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/13</b> 9:00 Yoga 9:30 Craft Club 11:00 **County Senior Ball at Double Tree – No Lunch Club 60 2:00 Square Dancing
<b>12/16</b> 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	<b>12/17</b> 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/18</b> 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60-Holiday Meal 1:15 Get Fit & Stress Less	<b>12/19</b> 9:00 Zumba Gold 9:00 **AARP Driver's Safety 10:00 Trip – Kittelberger Florist & Gifts 1:00 Tai Chi 2:00 Tai Chi (Adv)	<b>12/20</b> 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
<b>12/23</b> No Senior Programs 	<b>12/24</b> No Senior Programs	<b>12/25</b> No Senior Programs 	<b>12/26</b> No Senior Programs	<b>12/27</b> No Senior Programs 
<b>12/30</b> 9:00 Yoga 10:00 Arthritis Exercise 12:00 Lunch Club 60	<b>12/31</b> 9:00 Zumba Gold			