

DECEMBER

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	2 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
5 9:00 A.M. YOGA 10:00 A.M. CHRISTMAS CARD CLASS 1:00 P.M. PITCH	6 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	7 9:00 A.M. QI GONG 1:00 P.M. PITCH	8 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	9 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
12 9:00 A.M. YOGA 1:00 P.M. PITCH 6:30 P.M. TEAMMATES CHRISTMAS	13 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	14 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. Christmas Carol Connections	15 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 10:30 A.M. TALK ABOUT BOOKS 1:00 P.M. LIVERPOOL RUMMY	16 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
19 9:00 A.M. YOGA 1:00 P.M. PITCH	20 10:00 A.M. MALCOLM SHOW CHOIR CHRISTMAS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES	21 WEAR YOUR FAVORITE CHRISTMAS SWEATER DAY 9:00 A.M. QI GONG 1:00 P.M. PITCH <hr/> SEWARD HIGH CHOIR CHRISTMAS PROGRAM	22 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 12:30 P.M. PREDICTING WEATHER WITH WALNUTS 1:00 P.M. LIVERPOOL RUMMY	23 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. CHRISTMAS PROGRAM NAME THAT TUNE WITH CLIFF LOWELL
26 CLOSED	27 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	28 9:00 A.M. QI GONG 1:00 P.M. PITCH	29 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	30 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT