

FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

DECEMBER 2024

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?
 If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	3	4 9:30- 10:30 am SENIOR WALKING CLUB	5 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	6 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i> 9:45- 10:45 am WATER FITNESS CLASS <i>For the Love of Fit</i>	7
8 4:00- 6:00pm DANCE	9 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	10	11 9:30- 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Christmas Vacation</i> <i>1 small drink & popcorn/person**</i>	12 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Chiropractic Care</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	13 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i> 9:45- 10:45 am WATER FITNESS CLASS <i>For the Love of Fit</i>	14
15	16 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	17	18 9:30- 10:30 am SENIOR WALKING CLUB	19 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	20 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	21
22	23 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	24	25 CHRISTMAS DAY CENTER CLOSED	26 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	27 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	28
29	30 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	31	1 NEW YEARS DAY CENTER CLOSED	<p>ALL ACTIVITIES ARE FREE (UNLESS OTHERWISE NOTED) THANKS TO >></p> <p><i>*Sponsored in part by Hammond-Henry Hospital</i> <i>**Sponsored by Classic Club</i></p>		