

ACTIVITY CALENDAR *December 2018*

MON	TUES	WED	THURS	FRI
<p>3 8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Hilldale Mall Madison 12:30 Old Time Accordion Music 1:00 Hand and Foot No Great Courses</p>	<p>4 9:00 Foot Reflexology 9:00 Coffee Hour 9:00 Core Strength 9:30 Hometown Helpers 10:00 Caregivers Support Group and Club 108 10:00 Mah-Jongg 1:00 Euchre 1:00/6:00 Stamping Group 5:00 Weight Watchers</p>	<p>5 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train</p>	<p>6 8:45 Keeping Fit 9:00 Coffee Hour 10:00 OTS: West Towne 10:00 Capitol PT Presentation 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>7 8:45 Yoga 9:00 Coffee Hour 10:00 UW Pharmacy Lifestyle Modifications 10:00 Tai Chi II 11:15 Tai Chi I 4:30-7:00 Chili Supper and Tree Lighting</p>
<p>10 8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Shopko West 10:00 UW Geology Presentation 1:00 Hand and Foot 1:00-2:30 New Great Courses; What Einstein Got Wrong # 1-3</p>	<p>11 9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Mah-Jongg 10:00 Man-Talk 10:15 Card Making 1:00 Euchre 5:00 Weight Watchers</p>	<p>12 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:30 Book Club 12:45 Mexican Train</p>	<p>13 8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 10:30 Healthy Lifestyles 12:30 Bingo 1:30 "500" 2:00 Core Strength 3:00 Vets Group 4:00 Line Dancing 6:00 Game Night</p>	<p>14 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:00 Palace Theater Trip 10:30-11:15 Rendeever Virtual Reality Tours: VR Adventures 11:15 Tai Chi I 12:30 Movie: Dr. Seuss How the Grinch Stole Christmas</p>
<p>17 8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 9:00 Foot Reflexology 9:30 UW Geology Tour: RSVP 10:00 Bus to Shopko West 10:00 Changes in Aging Group 1:00 Hand and Foot 1:00-2:30 Great Courses What Einstein Got Wrong # 4-6</p>	<p>18 9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Caregivers Support Group & Club 108 10:00 OTS: Hy-Vee/Aldi 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers</p>	<p>19 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 No Functional MELT No MELT 12:30 Bridge 12:45 Mexican Train</p>	<p>20 8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 10:00 OTS: Walmart West 10:00 Parkinson's Group 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>21 8:45 Yoga 9:00 Coffee Hour 10:00 Facebook w/ Rich 10:00 Tai Chi II 11:15 Tai Chi I 11:30 Birthday/ Anniversary Lunch - RSVP by noon 12/17 12:30 For Kat Trio</p>
<p>24 Senior Center Closed Happy Holidays!!!!</p>	<p>25 Senior Center Closed Happy Holidays!!!!</p>	<p>26 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 No Functional MELT No MELT 12:30 Bridge 12:45 Mexican Train</p>	<p>27 8:45 Keeping Fit 9:00 Coffee Hour 10:00 Choir Practice 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night</p>	<p>28 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:30-11:15 Rendeever Virtual Reality Tours: Animals Around the World 11:15 Tai Chi I 12:30 Movie: It's a Wonderful Life 5:00-7:00 New Years Party with Tony Rocker</p>
<p>31 8:45 Keeping Fit 9:00 Coffee Hour 10:00 Bus to Agrace Hospice Thrift Store 1:00 Hand and Foot 1:00-2:30 Great Courses: What Einstein Got Wrong # 7-9</p>				