December 2008

Mon	Tue	Wed	Thu	Fri
1 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE	**2** 8:30 Newsletter Mailing 8:30-9:30 Cardio Flex 9:30-4:00 "Holly Days" Trip 9:45-10:45 Stretch & Tone 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 1:30-3:00 Watercolor - last	**3** 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor -last 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	**4** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 12:30-1:30 Health Plan Options	**5** 8:30-9:30 Cardio Flex 9:30-11:00 Drawing Class 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Movie 1:00-4:30 Poker 2:30-3:45 Chair Massages
8 8:30-9:30 Stretch & Flex 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Beading with Joan 1:00-3:00 SHINE **1:00 Non-Exercise Sign Ups Begin** 3:45 COA Board Meeting	**9** 8:20-11:00 Podiatry 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch & Tone 10:00-11:30 Internet Genealogy 11:00-11:50 Strength DVD 12:30-3:00 Mah Jongg/Train 12:30 School Supt. Search	**10** 8:30-9:30 Cardio Flex 9:00-11:00 Holiday Cards 10:00-12:00 Quilting 11:45 Birthday Lunch 12:30-2:00 Buying a Digital Camera 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 1:00-3:00 Ask the Lawyer 3:00-3:45 Stretch DVD	**11** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-12:00 Tai Chi 2:00-3:30 Holiday Tea	**12** 8:30-9:30 Cardio Flex 8:30-10:00 Internet Use Class 10:00-11:30 Bow Tying Wkshp 10:30-12:00 Cribbage 1:00-4:30 Poker 1:30-3:00 Genealogy
15 8:30-9:30 Stretch & Flex - last 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 12:30-2:00 Pinecone Baskets 1:00-3:00 SHINE	**16** 8:30-9:30 Cardio Flex 9:45-10:45 Stretch & Tone 11:00-11:50 Strength DVD 11:45 Holiday Lunch 12:00ABRHS Madrigal Singers 12:00 EOEA Secretary Visits 12:30-3:00 Mah Jongg/Train	**17** 8:30-9:30 Cardio Flex 9:00-11:00 Holiday Cards 10:00-12:00 Quilting 11:00-11:45 Nutrition Program 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool 3:00-3:45 Stretch DVD	**18** 8:30-9:30 Cardio Flex - last 9:45-10:45 Stretch & Tone-last 10:00-11:30 Holiday Greens 11:00-12:00 Tai Chi 12;30-2:20 Movie	**19** 8:30-9:30 Cardio Flex - last 8:30-10:00 Internet Use Class 9:30-11:00 Drawing Class - last 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:00 Cookie Swap 1:00 Poker 2:30-3:45 Chair Massages
22 8:30-9:20 Strength DVD 10:00-12:00 Drop-in Bridge 11:45 Special Town Hosted Lunch 1:00-3:00 SHINE	**23** 9:30-10:15 Stretch DVD 9:30-11:30 Wellness Clinic/BP 11:45 Special Town Hosted Lunch – Snow Date 12:30-3:00 Mah Jongg/Train	**24** 8:30-9:20 Strength DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	**25** **Closed for Christmas**	**26** 8:30-9:20 Strength DVD 10:30-12:00 Cribbage 12:30-2:10 Movie 1:00-4:30 Poker
29 8:30-9:20 Strength DVD 9:30-11:00 Drop-in One Stroke 10:00-12:00 Drop-in Bridge 1:00-3:00 SHINE **1:00 Exercise Sign Ups Begin**	**30** 9:30-10:15 Stretch DVD 12:30-3:00 Mah Jongg/Train	**31** 8:30-9:20 Strength DVD 9:00-10:30 Drop-in Watercolor 10:00-12:00 Quilting 12:30-2:30 Knit/Crochet 1:00-3:00 Drop-in Pool	**Jan 1** **Closed for New Years**	**2** 8:30-9:20 Strength DVD 10:00-11:30 Computer Club 10:30-12:00 Cribbage 12:30-2:05 Movie 1:00-4:30 Poker