

December 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 10:30 Better Balance 12:00 Dinner at the Center 1:30 Great Courses Skeptics Guide to American History- Zoom	2 9:00 Bone Builders 9:30 Knitters @ CCC 1:15 SUN 73 Tai Chi 6:00 Ukulele	3 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 1:30 Line Dance	4
5	6 9:00 Tai Chi for Falls Prevention -Adv. Beg. 9:30 Knitters @ CM 10:30 Better Balance 12:00 BIRTHDAY DINNER TO GO 1:00 Singing Group 1:00 Bridge 2:00 Guitar	7 9:00 Bone Builders 10:30 Tai Chi Practice 1:00 Snow Globe Workshop 1:15 SUN 73 Tai Chi 3:00 Creative Writing	8 10:30 Better Balance 12:00 Dinner at the Center 1:30 Great Courses Skeptics Guide to American History- Zoom	9 9:00 Bone Builders 9:30 Knitters @ CCC 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	10 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 1:30 Line Dance	11
12	13 9:00 Tai Chi for Falls Prevention -Adv. Beg. 9:30 Knitters @ CM 10:30 Better Balance 12:00 Dinner at the Center 1:00 Bridge 1:00 Singing Group 2:00 Guitar	14 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	15 10:30 Better Balance 11:00 BP screening 12:00 HOLIDAY DINNER TO GO& FUEL RAFFLE 1:30 Great Courses Skeptics Guide to American History- Zoom	16 9:00 Bone Builders 9:30 Knitters @ CCC 10:30 Qigong/Tai Chi 1:00 Foot Clinic 1:15 SUN 73 Tai Chi 6:00 Ukulele	17 9:00 Coffee Hour 9:30 Mah Jongg 10:30 Better Balance 1:30 Line Dance	18
19	20 9:00 Tai Chi for Falls Prevention -Adv. Beg. 9:30 Knitters @ CM 10:30 Better Balance 12:00 Dinner at the Center 1:00 Bridge 1:00 Singing Group 2:00 Guitar	21 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	22 10:30 Better Balance 12:00 Dinner at the Center 1:30 Great Courses Skeptics Guide to American History- Zoom	23 9:00 Bone Builders 9:30 Knitters @ CCC 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	24 CENTER CLOSED HAPPY HOLIDAY	25
26	27 9:00 Tai Chi for Falls Prevention -Adv. Beg. 9:30 Knitters @ CM 10:30 Better Balance 12:00 Dinner at the Center 1:00 Bridge 1:00 Singing Group 2:00 Guitar	28 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	29 10:30 Better Balance 12:00 Dinner at the Center 1:30 Great Courses Skeptics Guide to American History- Zoom	30 9:00 Bone Builders 9:30 Knitters @ CCC 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	31 CENTER CLOSED FOR HOLIDAY HAPPY NEW YEAR	

Refer to program descriptions in the Newsletter for details