




December 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	2 9:00-11 Coffee Hour 10:30 Better Balance	3
4	5 10:30 Better Balance 11:00 Guitar 12:00 Birthday Dinner 1:00 Bridge 7:30 AA	6 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	7 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	8 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	9 9:00-11 Coffee Hour 10:30 Better Balance 12:00 GAME DAY	10
11	12 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 7:30 AA	13 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	14 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 11:30 SASH Blood Pressure Screening 12:00 HOLIDAY DINNER & FUEL RAFFLE DRAWING	15 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi 6:00 Ukulele	16 9:00-11 Coffee Hour 10:30 Better Balance	17
18	19 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 3:00 Book Club 7:30 AA	20 9:00 Board of Directors Meeting 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	21 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 BIRTHDAY DINNER	22 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	23 9:00-11 Coffee Hour 10:30 Better Balance	24
25  Happy Holidays 7:30 AA	26 CLOSED	27 NO Bone Builders NO Tai Chi 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	28 8:30 Yoga NO Better Balance 11:00 Vocal Group 12:00 CCC Dinner	29 NO Bone Builders 9:30 Knitters NO Tai Chi NO Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	30 9:00-11 Coffee Hour NO Better Balance	31

Refer to the program descriptions for details