

November 2018 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Black = No Fee (<i>Contributions always appreciated</i>); Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up; Blue = New Offering/Time				
10:30 Chair Aerobics 11:30 \$-TRX Series^	8:30 Strength & Core 9:30 Morning Yoga 10:00 Painting 10:30 Balance Class 11:30 \$-Tai-Chi Fusion 11:30 Larks Choir Practice	8:30 Total Body Cond. 9:30 Geri-Fit 9:30 Line Dancing-Int. 10:00 Crafts 10:00 Computer Help	10:30 \$-BINGO 10:30 Arthritis Exercise	8:30 \$-Super Sampler^ 10:00 Geri-Fit 11:00 Arthritis Exercise 11:00 Line Dancing-Beg.
12p Lunch	12p Lunch	11:30a EARLY Lunch	12p Lunch	12p Lunch
12:30 Monday Crafts 12:30 Walk w/ Ease 1:00 Mah Jongg 4:30 \$-Cardio Dance^	1:00 Sleep Mats 1:00 \$-Parkinson's Ex. I^ 2:00 \$-Parkinson's Ex. II^	12:30 Painting 1:00 \$-Tabata^ 1:00 Bridge Club 2:00 \$-Hybrid Yoga^	12:30 Senior Bootcamp 1:00 Oil Painting	12:30 Balance Class 1:30 Yoga

December 2018 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
3 TEA w/ CAROLINE 10:30a	4 Adv. Committee Listening Sess. 12p	5 LIEAP 10a Hand & Foot 1p	6	7 BIRTHDAYS Cake at Lunch GAME DAY 1p	Daily Announcements: During Lunch 1st Fridays, (At Lunch): Celebrate Birthdays 1st & 3rd Tuesdays, 12p: Sewing Bee 1st & 3rd Weds, 1p: Hand & Foot Card Game 1st & 3rd Friday, 1p: Game Day <i>Cancelled this 3rd Fri due to early closing</i> 2nd Thursday, 10a: Caregiver Support Group 2nd Tuesday: Monthly Outing (Details TBA) 3rd Monday, 10:30a Hired Hands Music 3rd Thursday, 12p: Meet & Greet with Sandy, Leland's Case Manager During Lunch Special Events & Presentations: 12/3: Tea Time with Caroline 10:30a <i>Get to know our MSW Intern, Caroline McLeod</i> 12/4: Advisory Committee 12:00p <i>Listening Session in the Friendship Hall</i> 12/5 & 12/12 LIEAP 10am <i>Low Income Energy Assistance Applications</i> 12/10: Winter Blues 10:30a <i>Julie Foster with NC Geriatric Mental Health</i> 12/11: Mallory's Nutrition Class 12:00p 12/18: Pool Tournament, 2p 12/19: Santa's Visit & Center Holiday Party <i>Wear Your Christmas Sweaters!</i> 12/19: Blood Pressure Checks 10:30a <i>Liberty Homecare & Hospice</i> CLOSING EARLY 12/21, CLOSED until NYE, CLOSED NEW YEAR'S DAY
10 Winter Blues? 10:30a	11 MONTHLY OUTING Nutrition Ed.12p	12 LIEAP 10a US Med Express 10a	13 CAREGIVER SUPPORT GROUP 10a	14	
17  Hired Hands 10:30a	18 SEWING 12-3p Pool Tourney 2p 	19  Holiday Party! 10:30-11:30a BP Checks 10a Hand & Foot 1p	20 Meet w/Sandy Leland's Case Manager, 12p	21 CLOSING EARLY at 12:30p 	
24 CLOSED	25 ALL	26 WEEK	27 FOR	28 HOLIDAYS	
31 	Jan. 1st CLOSED for New Year's Day				