DECEMBER 2025 ACTIVITIES

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MON	TUE	WED	THU	FRI
Lunch announcement	s will begin at 11:45am s	o we can start serving by	noon. Cleanup at 12:30.	, Program at 12:45pm
1. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Crafts with Mary 2-3 Technology Help Pick up Coloring Contest Picture	2. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba	3. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help 11:45 Lunch 12:45 Bingo w/ ABC 2-3 Technology Help	4. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Craft with Mary 2-3 Technology Help 4:30 Zumba	5. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Pearl's Palette
8. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Christmas Craft 2-3 Technology Help	9. Weare Holiday Sweater 8:30 SilverSneakers (OS 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Cookie Decorating 2-3 Technology Help 4:30 Zumba	10. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help 11:45 Lunch 12:45 Bingo 2-3 Technology Help	11. 8:30 Silver Sneakers (OS) Christmas Trip Center is Closed 4:30 Zumba	Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Christmas Sing Along with Jean
15. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Medicare 101 2-3 Technology Help	16. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:00 Christmas Movie 11:50 Lunch 12:45 Hot Chocolate Bar & Christmas Movie 2-3 Technology Help NO Board Meeting 4:30 Zumba	17. Birthday Party 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure NO Technology Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch 12:45 Entertainment: Richard Blane NO Technology Help	18. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 11:50 Lunch 10-11 Technology Help 12:45 Confection Connection 2-3 Technology Help 4:30 Zumba OPENING AT 9:30AM	19. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Game 10:30 Hopewell School Musicians Holiday Concert 11:50 Lunch 12:45 Cards/Games Submit Coloring Contest Picture Deadline
22. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 White Elephant Gift Exchange NO Technology Help	23. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:50 Lunch 12:45 Coloring Contest Judging NO Technology Help 4:30 Zumba	Center Is Closed	Center Is Closed CHRISTMAS	Center Is Closed
29. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Technology Help 12:45 Cards/Games 11:50 Lunch NO Technology Help	30. 8:30 SilverSneakers (OS 9:30-11:30 Cards/Games NO Technology Help 11:50 Lunch 12:45 New Year's Activities NO Technology Help 4:30 Zumba LAST DAY TO BUY SUB TICKETS	31. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure NO Technology Help 11:45 Lunch Closing at 1pm	January 1, 2026 & January 2, 2026 Center Is Closed APPLY NEW YEAR	(OS): Off-Site via Zoom ABC: Always Best Care