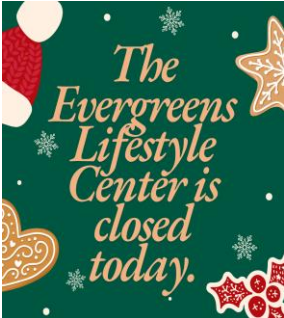


Monday	Tuesday	Wednesday	Thursday	Friday
9:15a AHOY (\$4)(V) 1 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 3p Understanding Levels of Senior Care	9a Better Balance (\$4) 2 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 	10am Holiday Bingo * 3 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta 	9am: Aerobics of the Mind 4 11a Grief Support Group 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 5 10a Trivia with Tina 11a Book Club – “Demon Copperhead” * 1p Friday Favorite Movie – “It’s a Wonderful Life” * 1p Birthday Celebration
9:15a AHOY (\$4)(V) 8 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 	9a Better Balance (\$4) 9 9:45a Advanced Better Balance (\$4) 10a Snowman Craft * 1p Zumba Gold (\$5) 2p Games & Mahjong 3p Cookies & Carols 6p CAA *	10a Virtual Reality * 10 11a Open Art/Craft Room 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta	9am: Aerobics of the Mind 11 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	9:15a Chair Yoga (\$4) (V) 12 10a Trivia with Tina 11a Book Club – “Demon Copperhead” * 1p Friday Favorite Movie – “Kate & Leopold” *
9:15a AHOY (\$4)(V) 15 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 4:30p Tanglewood Day Trip *	9a Better Balance (\$4) 16 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 3p Concert & Champagne	10a Virtual Reality * 17 10a Out & About in Greensboro (V) 11a Open Art/Craft Room 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta	9am: Aerobics of the Mind 18 10:30a Holiday Trivia and Hot Chocolate Bar 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 19 10a Trivia with Tina 11a Book Club – “Demon Copperhead” * 1p Friday Favorite Movie – “Christmas in Connecticut” *
9:15a AHOY (\$4)(V) 22 10a NC Travelogue * 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 23 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	24 	25 	9:15a Chair Yoga (\$4) (V) 26 10a Trivia with Tina 
9:15a AHOY (\$4)(V) 29 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta 	9a Better Balance (\$4) 30 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 	10a Virtual Reality * 31 11a Open Art/Craft Room 1p Cardio Drumming (\$5) * 2p Crochet Club 2p Canasta		