

December 2016 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Morning Walk Morning Fitness Fun 	Morning Walk Decking The Halls Of The Senior Center!  Decorating Fun!!!
5	6	7	8	9
Morning Walk Jingle Bell Exercise Fun! Blood Pressure Checks w/ Care South (10:30) Puzzles/Mazes/Games	Morning Walk Senior Stretches/Balance Fun! "Wheel of Fortune Game"  Christmas Edition!	Morning Walk SPECIAL GUEST: (9:30) "Disability Resource Center" \$\$\$ Bingo w/ Golden K  (10:30)	Morning Walk "Name That Tune" (Christmas Edition)  Bible Study  (10:00)	Morning Walk Strength & Cardio Fitness!  Practice Christmas Play Christmas Fun Trivia
12	13	14	15	16
Morning Walk SPECIAL GUEST: Mary Roberts Ornament Designing!  (10:00)	OUTING: Visit Crystal's Closet Thrift Store 10:00 - 11:00 "December Birthday Party" Sponsored By Senior Center 	Morning Walk "Christmas" Pictionary Fun  Prize Bingo w/ AARP  (10:30)	Morning Walk Practice Christmas Play  Bible Study  (10:00)	Morning Walk CHRISTMAS PLAY! (10:00) "Twas The Night Before Christmas" 
19	20	21	22	23
Morning Walk CHRISTMAS PARTY! & Gift Exchange! (10:00) Sponsored By Pilot Club 	Morning Walk SPECIAL GUEST: Hart Co. Library "Christmas Story & Craft" (10:00) 	Morning Walk Senior Chef/Cooking Class (9:15) \$\$\$ Bingo w/ Golden K  (10:30)	CLOSED	CLOSED
26	27	28	29	30
Morning Walk Wellness Class (9:30) "Food Safety - Food Storage" "Wheel of Fortune Game" 	Morning Walk Senior Stretches  Balance Exercises Darts & Games	Morning Walk Site Council Meeting (9:30) Prize Bingo w/ AARP  (10:30)	Morning Walk Bean Bag Fun!  Basketball Fun! Bible Study  (10:00)	Morning Walk "BEAN AUCTION" W/ SOUTHERN CARE (10:00)  New Year's Celebration "Toast to 2017" 

Hours: Monday - Friday (8 AM to 4 PM)

Activities Begin @ 9 AM, Unless Otherwise Noted

Lunch Served Daily @ 11:30 (Lunch Donations Are Appreciated!)

Center Fitness Gym Open From 8 AM to 4 PM

TOPS Weight Loss: Thursdays (6 PM)

Tai Chi: Fridays (10:30 - 11:30 AM)

(All Activities Subject to Change)



**HEALTHY
AGING
NEVER GROWS
OLD!**