



GOSHEN SENIOR CENTER – DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12/1 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Holiday Decorating Pizza Party 12:30-2:30 Adult coloring: 1 - 3
12/4 Aerobics: 9 - 10 Hooks & Needles: 10 – 12	12/5 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	12/6 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	12/7 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3 Mah Jongg: 12:30 -3	12/8 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Poker: 12 – 3 Friday Quilters: 12:15 – 3:30
12/11 Aerobics: 9 - 10 Hooks & Needles: 10 – 12 Senior Club meeting: 1	12/12 Belly Dance for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30 Happy Hanukkah 	12/13 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	12/14 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Mah Jongg: 12:30 -3	12/15 Yoga: 9:45 -10:45 Osteo exercise: 11 - 12 Women’s book discussion: 11 - 1 Poker: 12 – 3 Adult coloring: 1 - 3
12/18 Aerobics: 9 - 10 Hooks & Needles: 10 – 12	12/19 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30	12/20 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	12/21 Yoga: 9:30 -10:15 Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Make & Take Crafts: 12:30-2 Mah Jongg: 12:30 -3	12/22 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Poker: 12 – 3
12/25 CENTER CLOSED MERRY CHRISTMAS! 	12/26 Belly Dance for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15- 1:15 Beginners Line Dancing 1:30 – 2:30	12/27 Computer Q&A: 10 - 11 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 -	12/28 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Mah Jongg: 12:30 -3	12/29 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Poker: 12 – 3