


GOSHEN SENIOR CENTER – DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/3 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Palacio Holiday Party:11:30 Yoga: 1-2	12/4 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	12/5 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	12/6 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	12/7 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15 Adult coloring: 1 – 3
12/10 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Senior Club Meeting: 1	12/11 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	12/12 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 – 12 Senior Club Holiday Party-Villa Venezia Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	12/13 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	12/14 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Women’s book discussion: 11 – 1 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15
12/17 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2	12/18 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	12/19 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	12/20 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 Make & Take Crafts: 12:30 - 3	12/21 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15 Adult coloring: 1 – 3
12/24 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:3 Yoga: 1-2	12/25 Senior Center CLOSED Merry Christmas! 	12/26 Move to be Fit: CANCELLED Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 – 3 Mah Jongg: 1:30 - 4	12/27 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: CANCELLED Aerobics: CANCELLED Poker: 12 – 3	12/28 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 Poker: 12 – 3 Learn to Square Dance: 12:15 – 1:15
12/31 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30				