

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# December 2018

## Belpre Senior Center

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2	11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>First Day of Hanukkah</small>	3	11am- <b>Handbells</b> 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Christmas Cards for Nursing Home Residents	4	10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	5	10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	6	9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "It Happened on 5 <sup>th</sup> Avenue"	7		8
9	11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 1pm-Alz Support Group 5:30pm-Low Impact Aerobics	10	11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft	11	10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	12	10am-BP/BS Screening 10:30am- <b>Rockin' Gold Line Dancers</b> 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 6pm-Nickel Bingo	13	9:30am-Bible Discussion Group 11am-Cooking Club Cookie Day 1pm-Movie "The Holiday"	14		15
16	11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	17	10am-BP Screening 10:30am- <b>3<sup>rd</sup> Grade Singers</b> 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	18	10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	19	11:30am- <b>Christmas Celebration/Dinner</b> 1pm-Cards/Games 6pm-Nickel Bingo	20	9:30am-Bible Discussion Group 11am-Deliver Christmas Cards 11am-Movie "The Nativity Story" 1pm-Movie "Holiday Inn" <small>Winter Begins</small>	21		22
23	 <b>Closed For The Holiday</b> No Aerobics	24	 <b>Closed For The Holiday</b> <small>Christmas Day</small>	25	10am-Chair Volleyball 1pm-Chair Exercise No Aerobics Tonight <small>Kwanzaa Begins</small>	26	10am-BP Screening 10:30am-Nickel Bingo- "New Years Count-down to noon" 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco	27	9:30am-Bible Discussion Group 1pm-Movie "While You Were Sleeping"	28		29
30	 <b>Closed For The Holiday</b> No Aerobics <small>New Year's Eve</small>	31										