




A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

December 2023

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	28 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	29 Healthy Bones 9:30 am Healthy Bones 11:00 am	30 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	1 Walking Club 11:00 am	2 Festival of Trees
3 Festival of Trees	4 Chair Yoga - 9:30 am Group X 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm L & L - Noon Festival of Trees	5 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am Festival of Trees	6 Healthy Bones 9:30 am Healthy Bones 11:00 am Quilting with Andy- 12:15 pm Festival of Trees	7 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm Festival of Trees	8 Walking Club 11:00 am Festival of Trees	9 Festival of Trees
10	11 Chair Yoga - 9:30 am Group X 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	12 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	13 Healthy Bones 9:30 am Healthy Bones 11:00 am	14 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	15 Walking Club 11:00 am	16
17	18 Chair Yoga - 9:30 am Group X 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	19 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am SRC String Jam 11:30 am	20 Healthy Bones 9:30 am Healthy Bones 11:00 am Quilting with Andy- 12:15 pm	21 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	22 No Walking Group	23
24  Christmas Eve	25  Christmas Day	26 SRC Closed	27 SRC Closed	28 SRC Closed	29 No Walking Group	30