



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

DECEMBER 2024

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm L & L - Noon	3 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	4 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	5 Pilates 9:30 am No Line Dancing No Stretch Bands	6 Walking Club 11:00 am	7 FESTIVAL OF TREES
FESTIVAL OF TREES	9 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm FESTIVAL OF TREES	10 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 FESTIVAL OF TREES	11 Balance & Bones 9:15 am Balance & Bones 11:00 am FESTIVAL OF TREES	12 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm FESTIVAL OF TREES	13 Walking Club 11:00 am FESTIVAL OF TREES	14 FESTIVAL OF TREES
15	16 Chair Yoga - 9:30 am Core Centrics - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	17 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30 SRC String Jam 11:00	18 Balance & Bones 9:15 am Balance & Bones 11:00 am Quilting 12:30 pm	19 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	20 NO Walking Club	21
22	SRC CLOSED WINTER BREAK	CHRISTMAS EVE	CHRISTMAS DAY	SRC CLOSED WINTER BREAK	NO Walking Club	28
29	SRC CLOSED WINTER BREAK	NEW YEAR'S EVE	NEW YEAR'S DAY	SRC CLOSED WINTER BREAK	3 Walking Club 11:00 am	4