




# December 2018

Questions? Call (712) 255-1729 OPEN: Mon.-Thurs. 8:00 am-8:00 pm Friday 8:00-4:30 p.m

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <p><b>3</b><br/><i>1:00 p.m-2:30 p.m. Christmas Party</i></p> <p>8:00 am Scrapbooking<br/>8:30 am Yoga with Amanda, Exercise Plus 50<br/>9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class<br/>9:45 am Intermediate Tai Chi<br/>10:00 am Knitting &amp; Crocheting<br/>11:00 am American Mah Jong<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm ACBL Duplicate Bridge<br/>12:30 pm Woodcarving<br/>12:30 pm Movie "A Song for the Season"<br/>1:00 pm Jazz Dancercise, Pinochle<br/>2:00 pm Walking Off Pounds<br/>2:30 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p>  | <p><b>4</b></p> <p>8:00 am Penny Bingo<br/>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:45 am Beginning Tai Chi Class<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Penny Bingo<br/>12:30 pm Pitch<br/>1:00 pm Mexican Train, Tap Class<br/>1:00 pm Painting Class<br/>2:00 pm Ping Pong<br/>4:00 pm-? Open -Card Games/Board Games<br/>4:00 pm Balance with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney<br/>6:00-8:00 pm Women to the Rescue—Las mujeres al rescate<br/>6:00-7:30 pm <b>Cooking / Baking with Touchstone -1st &amp; 3rd Tuesday of month ( Making—"Turkey Cranberry Brie Braid .")</b></p>                 | <p><b>5</b><br/><i>10:30 a.m. Talk Show<br/>"History of Noah's Hope Animal Rescue and a Pet Visitor Too"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Yoga w/Dixie from Regency Square<br/>9:00 am Open Novice Dup. Bridge Game<br/>9:00 am Chorus, Chess<br/>9:30 am Painting Class<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session<br/>11:00 am Jazz Dancercise<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Choreographed Ballroom<br/>1:00 pm Phase 10, Coloring Corner, 500, ACBL Duplicate Bridge<br/>2:30 pm Walking of the Pounds<br/>3:00 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>5:00 pm Belly Dancing Class</p>  | <p><b>6</b></p> <p>8:00 am Penny Bingo<br/>9:00 am Yoga, Beginner 2 Line Dance<br/>10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club<br/>11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u><br/>11:00 am Advanced Line Dance, Beginner German<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge<br/>1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage<br/>2:00 pm Ping Pong<br/>4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>4:00 pm Zumba with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney</p>  | <p><b>7</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Mixed Media Art Class/Vivian Miller<br/>9:30 am Wii Bowling<br/>9:30 am Get Fit With Lee<br/>9:30 am Women's Pool Shooting Class<br/>10:00 am Blood Pressures<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Beginner Tap<br/>12:00 pm Open Bridge Group<br/>12:15 pm-4:00 <b>Quilting with Love- New Program, Stop in and go at your convenience</b><br/>12:30 pm Open Craft Time<br/>1:00 pm Open Bridge<br/>1:00 pm 500<br/>1:00 pm <b>Friday Dance</b> - weekly drawing for a special table treat</p> <p><i>Featuring "Country Brew"</i></p>                       |
| <p><b>10</b></p> <p><i>9:30 am Grief Support<br/>(2nd Monday of the month)</i></p> <p><i>1:00 pm Birthday Party<br/>Hosted by Staff<br/>Entertainment- Gene Goergen</i></p> <p><i>4:00-6:00 p.m Noah's Hope Animal Rescue—Meet and Greet Pets that need Forever Homes</i></p> <p>8:00 am Scrapbooking<br/>8:30 am Yoga with Amanda, Exercise Plus 50<br/>9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class<br/>9:45 am Intermediate Tai Chi<br/>10:00 am Knitting &amp; Crocheting<br/>11:00 am American Mah Jong<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm ACBL Duplicate Bridge<br/>12:30 pm Woodcarving<br/>1:00 pm Jazz Dancercise, Pinochle<br/>2:00 pm Walking Off Pounds<br/>2:30 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p> | <p><b>11</b></p> <p>8:00 am Penny Bingo<br/>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:45 am Beginning Tai Chi Class<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Penny Bingo<br/>12:30 pm Pitch<br/>1:00 pm Mexican Train, Tap Class<br/>1:00 pm Painting Class<br/>2:00 pm Ping Pong<br/>4:00 pm-? Open -Card Games/Board Games<br/>4:00 pm Balance with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney<br/>6:00-8:00 pm Women to the Rescue—Las mujeres al rescate</p>   | <p><b>12</b><br/><i>10:30 a.m. Talk Show with<br/>Amanda Brody from Alzheimer's<br/>Association "Alzheimer's Disease<br/>and the Holiday's)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Yoga w/Dixie from Regency Square<br/>9:00 am Open Novice Dup. Bridge Game<br/>9:00 am Chorus, Chess<br/>9:30 am Painting Class<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session<br/>11:00 am Jazz Dancercise<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Choreographed Ballroom<br/>1:00 pm Phase 10, Coloring Corner, 500, ACBL Duplicate Bridge<br/>2:30 pm Walking of the Pounds<br/>3:00 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>5:00 pm Belly Dancing Class</p>   | <p><b>13</b></p> <p>8:00 am Penny Bingo<br/>9:00 am Yoga, Beginner 2 Line Dance<br/>10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club<br/>11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u><br/>11:00 am Advanced Line Dance, Beginner German<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge<br/>1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage<br/>2:00 pm Ping Pong<br/>4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>4:00 pm Zumba with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney</p> | <p><b>14</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Mixed Media Art Class/Vivian Miller<br/>9:30 am Wii Bowling<br/>9:30 am Get Fit With Lee<br/>9:30 am Women's Pool Shooting Class<br/>10:00 am Blood Pressures<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Beginner Tap<br/>12:00 pm Open Bridge Group<br/>12:15 pm-4:00 <b>Quilting with Love- New Program, Stop in and go at your convenience</b><br/>12:30 pm Open Craft Time<br/>1:00 pm Open Bridge<br/>1:00 pm 500<br/>1:00 pm <b>Friday Dance</b> - weekly drawing for a special table treat</p> <p><i>Featuring "Shirley's Big Band"</i></p>                |
| <p><b>17</b></p> <p>8:00 am Scrapbooking<br/>8:30 am Yoga with Amanda, Exercise Plus 50<br/>9:30 am Interm. Duplicate Bridge Class, Wii Bowling, Tap Class<br/>9:45 am Intermediate Tai Chi<br/>10:00 am Knitting &amp; Crocheting<br/>11:00 am American Mah Jong<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm ACBL Duplicate Bridge<br/>12:30 pm Woodcarving<br/>12:30 pm Movie "The Olden Days Coat"<br/>1:00 pm Jazz Dancercise, Pinochle<br/>2:00 pm Walking Off Pounds<br/>2:30 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.</p>   | <p><b>18</b><br/><i>4:00 p.m.<br/>Alzheimer's Support Group<br/>(3rd Tuesday of month)</i></p> <p>8:00 am Penny Bingo<br/>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Senior Yoga<br/>9:30 am Painting Class<br/>10:00 am Creative Writing<br/>10:45 am Beginning Tai Chi Class<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Penny Bingo<br/>12:30 pm Pitch<br/>1:00 pm Mexican Train, Tap Class<br/>1:00 pm Painting Class<br/>4:00 pm-? Open -Card Games/Board Games<br/>4:00 pm Balance with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney<br/>6:00-8:00 pm Women to the Rescue—Las mujeres al rescate<br/><b>Touchstone -1st &amp; 3rd Tuesday of month ( Making—"Red Velvet Banana Bread")</b></p> | <p><b>19</b><br/><i>10:30 a.m. Talk Show with<br/>Pat Wojcik will be here speaking on<br/>"The History &amp; Projects of<br/>Ho-Chunk"</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Yoga w/Dixie from Regency Square<br/>9:00 am Open Novice Dup. Bridge Game<br/>9:00 am Chorus, Chess<br/>9:30 am Painting Class<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session<br/>11:00 am Jazz Dancercise<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Choreographed Ballroom<br/>1:00 pm Phase 10, Coloring Corner, 500, ACBL Duplicate Bridge<br/>1:00 pm Crafts with Anna from Floyd Place (4th Wednesday of the month- Change to 3rd for December only) -Pine Cone Christmas Tree <u>35 Person Limit</u><br/>2:30 pm Walking of the Pounds<br/>3:00 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>5:00 pm Belly Dancing Class</p> | <p><b>20</b></p> <p>8:00 am Penny Bingo<br/>9:00 am Yoga, Beginner 2 Line Dance<br/>10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club<br/>11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u><br/>11:00 am Advanced Line Dance, Beginner German<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge<br/>1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage<br/>2:00 pm Ping Pong<br/>4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>4:00 pm Zumba with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney</p> | <p><b>21</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Mixed Media Art Class/Vivian Miller<br/>9:30 am Wii Bowling<br/>9:30 am Get Fit With Lee<br/>9:30 am Women's Pool Shooting Class<br/>10:00 am Blood Pressures<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Beginner Tap<br/>12:00 pm Open Bridge Group<br/>12:15 pm-4:00 <b>Quilting with Love- New Program, Stop in and go at your convenience</b><br/>12:30 pm Open Craft Time<br/>1:00 pm Open Bridge<br/>1:00 pm 500</p> <p><i>NO BAND TODAY-CLOSING AT 1:00 P.M.</i></p>   |
| <p><b>24</b><br/><i>1:00 p.m.<br/>Parkinson's Support Group<br/>CANCELED FOR DEC.<br/>(4th Monday of month)- Next Class<br/>Meets on January 28th</i></p>    | <p><b>25</b><br/><b>CENTER IS CLOSED FOR CHRISTMAS</b></p>   | <p><b>26</b><br/><i>NO-Talk Show</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Yoga w/Dixie from Regency Square<br/>9:00 am Open Novice Dup. Bridge Game<br/>9:00 am Chorus, Chess<br/>9:30 am Painting Class<br/>10:00 am Sexy &amp; Fit after 40<br/>10:30 am Open Jam Session<br/>11:00 am Jazz Dancercise<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Choreographed Ballroom<br/>1:00 pm Phase 10, Coloring Corner, 500, ACBL Duplicate Bridge<br/>2:30 pm Walking of the Pounds<br/>3:00 pm Fitness with Kelly<br/>4:00 pm-? Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>5:00 pm Belly Dancing Class</p>  | <p><b>27</b></p> <p>8:00 am Penny Bingo<br/>9:00 am Yoga, Beginner 2 Line Dance<br/>10:00 am Beginning Bridge (Howard/Ercolini), Walking off the Pounds, Men's Club, Women's Club<br/>11:00 am Balance Class w/YMCA Instr. <u>\$1.00</u><br/>11:00 am Advanced Line Dance, Beginner German<br/>11:30 am-12:30 pm Lunch<br/>12:30 pm Canasta, Penny Bingo, Woodcarving, ACBL Duplicate Bridge<br/>1:00 pm Men's &amp; Women's Social Group, Inter. Line Dance, Cribbage<br/>2:00 pm Ping Pong<br/>4:00 pm- Open -Card Games/Board Games, Phase 10, Skip Bo, Uno, Sequence, Pegs &amp; Jokers, Ect.<br/>4:00 pm Zumba with Courtney<br/>5:00 pm Exercise with Courtney/ Strength<br/>6:00 pm Yoga/Meditation with Courtney</p> | <p><b>28</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u><br/>9:00 am Mixed Media Art Class/Vivian Miller<br/>9:30 am Wii Bowling<br/>9:30 am Get Fit With Lee<br/>9:30 am Women's Pool Shooting Class<br/>10:00 am Blood Pressures<br/>11:30 am-12:30 pm Lunch<br/>12:00 pm Beginner Tap<br/>12:00 pm Open Bridge Group<br/>12:15 pm-4:00 <b>Quilting with Love- New Program, Stop in and go at your convenience</b><br/>12:30 pm Open Craft Time<br/>1:00 pm Open Bridge<br/>1:00 pm 500<br/>1:00 pm <b>Friday Dance</b> - weekly drawing for a special table treat</p> <p><i>Featuring "4 On the Road"<br/>New Years Dance</i></p> |
| <p><b>31</b></p> <p><b>CENTER IS CLOSED -HAPPY NEW YEAR. SEE YOU IN 2019</b></p>   |   |  |  |   |