



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><u>12:30 p.m. Eastern Meditation</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Christmas in Graceland" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>3</b></p> <p>9:30 a.m. <u>Snowman Sock with Becky from Continental Springs (Limit of 20)</u></p> <p>3:00 pm <u>Cooking with Brad "Wild Rice Soup" (1st &amp; 3rd Tues.) Sign up -limit of 25</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>4</b></p> <p>10:30 a.m. <u>Talk Show "Caring for the Caregiver" with Anna Heller from Floyd Place</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>5</b></p> <p>1:00 -2:00pm <u>Open Door Time with Pat</u></p> <p>1:00 p.m. <u>Vivian Miller's Christmas Craft (Limit 25)</u></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's &amp; Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>6</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'dell's Country Flavor Band"</i></p>
<p><b>9</b></p> <p>9:30 am <u>Grief Support (2nd Monday)</u></p> <p><u>12:30 p.m. Eastern Meditation</u></p> <p>1:00 pm <u>Birthday Party (2nd Monday) Hosts: Chair Yoga</u> Entertainment: 2nd-5th Graders with St. Paul's Lutheran School 4:00-5:30 p.m. <u>Santa Claus visits</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>10</b></p> <p><u>Winter Fitness Kick Off See Article for Schedule of Events.</u></p> <p>1:30 p.m. <u>Karaoke with BAM (Bickford Assisted Living &amp; Memory Care) (2nd Tues.) (Limit of 15)</u></p> <p>3:00 p.m. <u>Cookie Decorating with Brad from Touchstone</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>11</b></p> <p>10:30 a.m. <u>Talk Show "Grocery Stores" with Tom Munson from Sioux City Public Museum</u></p> <p>1:00 p.m. <u>Genealogy Class (2nd Wed.)</u></p> <p>1:00 p.m. <u>Coffee &amp; Canvas with Casa De Paz (Sign up -limit of 12)</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>12</b></p> <p>1:00 -2:00pm <u>Open Door Time with Pat</u></p> <p>1:30 p.m. <u>Hanger Snowflake (Limit of 10)</u></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's &amp; Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>13</b></p> <p><u>10:30 a.m. Christmas Sock Exchange</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p>
<p><b>16</b></p> <p>11:45-12:30 p.m. <u>Free Balance Screening with Blake from ATI Physical Therapy (3rd Monday)</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "A Veteran's Christmas" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>17</b></p> <p>3:00 pm <u>Cooking with Brad "Reindeer Chow" (1st &amp; 3rd Tues.) Sign up -limit of 25</u></p> <p>4:00 p.m. <u>Alzheimer's Support Group (3rd Tuesday)</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>18</b></p> <p>10:30 a.m. <u>Talk Show "Holiday Traditions-Honoring Those We Lost" with Care Initiatives Hospice</u></p> <p>1:00 -2:30 p.m. <u>Christmas Party--(PRE-REGISTER By Monday, December 16th &amp; PAY \$3.00) Members Only</u></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am <u>Open Jam Session-- Cancelled</u> 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm <u>Walking off the Pounds -Cancelled</u> 3:00 pm <u>Fitness with Kelly -Cancelled</u> 5:00 pm Belly Dancing Class</p> <p>DO TO THE CHRISTMAS PARTY TODAY....MANY ACTIVITIES ARE CANCELLED</p>	<p><b>19</b></p> <p>11:00 a.m. <u>New Member Coffee (3rd Thursday)</u></p> <p>12:00 -12:30 p.m. <u>Christmas Caroling</u></p> <p>1:00 -2:00pm <u>Open Door Time with Pat</u></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) <u>Off</u> 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) <u>Off</u> 10:00 am Line Dance-(Beginner) <u>Off</u> 11:00 am Line Dance - (Advanced) <u>Off</u> 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage 1:00 pm Men's &amp; Women's Social Group 1:00 pm Wood Carving 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>20</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm <u>Christmas Karaoke</u> 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Ed Tryon"</i></p>
<p><b>23</b></p> <p><u>12:30 p.m. Eastern Meditation</u></p> <p>1:00 p.m. - (4th Monday) <u>NO Parkinson's Support Group - Returning JANUARY 27TH.</u></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Christmas Under Wraps" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>24</b></p> <p><u>CLOSING AT 2:00 P.M. TODAY</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA-CANCELLED 9:00 am Yoga with Amanda 9:30 am Painting Class-CANCELLED 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm <u>Cafeteria Closed</u> 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class -CANCELLED <u>CLOSING AT 2:00 P.M. TODAY</u></p>	<p><b>25</b></p> <p><u>CLOSED FOR CHRISTMAS...</u></p> 	<p><b>26</b></p> <p><u>CLOSED FOR CHRISTMAS-- Reopening on Friday, December 27th</u></p> 	<p><b>27</b></p> <p>8:30 am Enhance Fitness w/YMCA-CANCELLED 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm <u>Cafeteria Closed</u> 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 12:30 pm Pinochle 1:00 pm 500 1:00 pm <u>NO DANCE</u></p> <p><i>"NO DANCE"</i></p>
<p><b>30</b></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Tap 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Movie "Hope Springs" 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>31</b></p> <p><u>CLOSING AT 4:30 P.M. TODAY</u></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA-CANCELLED 9:00 am Yoga with Amanda 9:30 am Painting Class-CANCELLED 10:00 am Creative Writing 10:30 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Mexican Train 1:00 pm Painting Class -CANCELLED 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) <u>CLOSING AT 4:30 P.M. TODAY</u></p>	<p><b>January 1, 2020</b></p> <p><u>CENTER IS CLOSED HAPPY NEW YEAR!</u></p> 