

# CLUB YARNELL



## SCHEDULE

### December 2018

Every Monday, 4:00- 6:00 pm

**Game night**

Every 1st Tues. Dec. 4, 6:00 pm

**Tai Chi**

Every Tues., 11:00 – 12:00 pm

**Blood Pressure Checks**

Thur. Dec. 6 1-2:30 pm

**Dementia Workshop**

Thur. Dec. 13 3-5 pm

**Holiday Craft Workshop**

**Make holiday ornaments, gift boxes, gift cards, birthday calendars. Suggested donation \$4 to cover materials.**

### January 2019

Every Monday, 4:00- 6:00 pm

**Game night**

Every 1st Tues. Jan. 8, 6:00 pm

**Tai Chi**

Every Tues., 11:00 – 12:00 pm

**Blood Pressure Checks**

Sat. Jan. 19 5:30 – 7:30

**Collaborative Community Mixer**

*Details to follow soon!*

#### **Club Yarnell plans for 2019 include:**

Personal Organization Workshop

Komedy Karaoke

Weaver Mountain Wildlife

Yarnell Geology Field Trip

Birding

Interior Decorating

Cooking for One

Ask Your Pharmacist

WAX (Women's Accessory Xchange)

Massage

Poetry Workshop

Cooking for Special Diets (Diabetes, vegetarian/vegan; gluten free, heart health; cancer)

**Club Yarnell is open to everyone! ALL Programs are free, unless specified.**

**Call Jerry Florman for ideas, details and to offer a program. 602.399.1679**