


FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

DECEMBER 2021

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program where you can receive up to \$200 a year towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>ALL ACTIVITIES ARE FREE (UNLESS OTHERWISE NOTED) THANKS TO >></p> <p><i>*Sponsored in part by Hammond-Henry Hospital</i></p>			<p>1 9:30 - 10:30am SENIOR WALKING CLUB CC</p>	<p>2 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC <i>Exercise Class</i> 10:00 - 11:00 am WATER FITNESS CLASS IP <i>Fit Beginnings</i> 1:00 - 3:00 pm BINGO CC</p>	<p>3 9:00am - Noon GAMES CC <i>Uno, Skip-Bo SkyJo, Sequence and Joker & Marbles</i></p>	<p>4</p>
<p>5</p>	<p>6 10:45 - 11:30 am FITNESS CLASS *CC <i>Seated Mix Chair</i> 1:00 pm CARDS WITH FRIENDS CC <i>Manipulation</i></p>	<p>7 8:00 - 10:00 am TABLE GAMES & COFFEE CC <i>Shuffleboard, Table Tennis, Air Hockey, Foosball</i></p>	<p>8 9:30 - 10:30 am SENIOR WALKING CLUB CC 1:00 pm Movie CT <i>Planes, Trains and Automobiles</i> 1 small drink & popcorn/person</p>	<p>9 8:00 - 9:00 am COFFEE & SNACKS & SCAM/ FRAUD SEMINAR BY GENESEO PD CC 9:00 - 10:00 am FITNESS CLASS CC <i>Exercise Class</i> 10:00 - 11:00 am WATER FITNESS CLASS IP <i>Fit Beginnings</i> 1:00 pm CARDS WITH FRIENDS CC <i>Hand & Foot</i></p>	<p>10 9:00am - Noon GAMES CC <i>Uno, Skip-Bo SkyJo, Sequence and Joker & Marbles</i> 5:30 - 8:30 pm CHRISTMAS DANCE & POTLUCK CC <i>Meat & drinks provided, please bring a dish to pass</i></p>	<p>11</p>
<p>12</p>	<p>13 10:45 - 11:30 am FITNESS CLASS *CC <i>Seated Mix Chair</i> 1:00 pm CARDS WITH FRIENDS CC <i>Manipulation</i></p>	<p>14 8:00 - 10:00 am TABLE GAMES & COFFEE CC <i>Shuffleboard, Table Tennis, Air Hockey, Foosball</i></p>	<p>15 9:30 - 10:30 am SENIOR WALKING CLUB CC</p>	<p>16 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC <i>Exercise Class</i> 10:00 - 11:00 am WATER FITNESS CLASS IP <i>Fit Beginnings</i> 1:00 - 3:00 pm BINGO CC</p>	<p>17 9:00am - Noon GAMES CC <i>Uno, Skip-Bo SkyJo, Sequence and Joker & Marbles</i></p>	<p>18</p>
<p>19</p>	<p>20 10:45 - 11:30 am FITNESS CLASS *CC <i>Seated Mix Chair</i> 1:00 pm CARDS WITH FRIENDS CC <i>Manipulation</i></p>	<p>21 8:00 - 10:00 am TABLE GAMES & COFFEE CC <i>Shuffleboard, Table Tennis, Air Hockey, Foosball</i></p>	<p>22 9:30 - 10:30 am SENIOR WALKING CLUB CC</p>	<p>23 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS CC <i>Hand & Foot</i></p>	<p>24 CHRISTMAS EVE CENTER CLOSED AT NOON</p>	<p>25 CENTER CLOSED</p>
<p>26</p>	<p>27 1:00 pm CARDS WITH FRIENDS CC <i>Manipulation</i></p>	<p>28 8:00 - 10:00 am TABLE GAMES & COFFEE CC <i>Shuffleboard, Table Tennis, Air Hockey, Foosball</i></p>	<p>29 9:30 - 10:30 am SENIOR WALKING CLUB CC</p>	<p>30 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC <i>Exercise Class</i></p>	<p>31 NEW YEAR'S EVE CENTER CLOSED AT 5 PM</p>	<p>1 CENTER CLOSED</p>