

*For special programs, priority is given to regular lunch participants.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ *Lunch with the Law  12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:00 Coffee, Donuts & Medicare with Michael Lemus 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
8	9	10	11	12
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 10:00 Holiday Flower Shoppe sponsor: Michael Lemus 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
15	16	17	18	19
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 11:00 Coffee & Conversation 11:00 RSM Library Resources 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ Holiday Luncheon Entertainer: Joe Ritkes
22	23	24	25	26
Age Well Senior Services Closed Happy Hanukkah	Age Well Senior Services Closed	Age Well Senior Services Closed	Age Well Senior Services Closed Merry Christmas	Age Well Senior Services Closed 
29	30	31	1	2
Age Well Senior Services Closed	Age Well Senior Services Closed	Age Well Senior Services Closed New Year's Eve	CLOSED Happy New Year	CLOSED 