

# Senior Wellness Programs — December 2022

Mon	Tue	Wed	Thu	Fri
Nov 28	29	30	Dec 1	2
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <b>Game Day TRIVIA</b>	10:00am <b>Seated SAIL</b> <b>Music &amp; Memories</b> 11:15-11:45am <b>MVCC</b>   12:00-12:45pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>Krafty Krafter's</b> Open House 11:30am-2:00pm <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
5	6	7	8	9
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <b>"Tidbit Tuesday" with</b> <b>Lori Hutson, Medicare Specialist</b> <b>and Trish Cooper</b> <b>with Enable Dental</b>	10:00am <b>Seated SAIL</b> <b>Music &amp; Memories</b> 11:15-11:45am <b>MVCC</b>   12:00-12:45pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>Krafty Krafter's</b> Open House 11:30am-2:00pm	
12	<b>December Birthday's</b> 13	14	15	16
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <b>Entertainment by Ron Herring,</b> <b>sponsored by King's Manor</b> <b>Senior Living</b>	10:00am <b>Seated SAIL</b> <b>Music &amp; Memories</b> 11:15-11:45am <b>MVCC</b>   12:00-12:45pm <b>Opening Minds Thru Art</b> 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>Krafty Krafter's</b> Open House 11:30am-2:00pm <b>Seeds of Change Dinner</b> <b>5:30-6:30pm</b>	
19	20	21	22	23
10:00am <b>Seated SAIL</b>	11:00am SAIL <b>Aerobics</b> <b>12:15pm Senior Café Lunch</b> <b>Holiday Party</b> <b>Gift exchange, \$15 max</b>	10:00am <b>Seated SAIL</b>	10:00am SAIL <b>Aerobics</b> <b>Krafty Krafter's</b> Open House 11:30am-2:00pm	
26	27	28	29	30
<b>CLOSED Christmas week</b>	<b>CLOSED Christmas week</b>	<b>CLOSED Christmas week</b>	<b>CLOSED Christmas week</b>	<b>CLOSED Monday,</b> <b>January 2 for New Year's</b>