

DECEMBER 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 VAN TRIP @ 6-8 pm 9:30 - 10:30 AM Dance Fitness 11:30A - 4P Bridge 5:30 PM YOGA 6:00 PM KARATE	2 Special performance 8-9 AM TOTAL FITNESS 9AM-12PM Clothing & Textiles 10:30 AM Chair Exercise begins 11:00 AM be seated for the MEMORY SINGERS 12 PM LUNCH BUNCH 12:30 PM SENIORS HULA 4-5 PM Rejuvenate	3 Red Ribbon Bazaar at SHS
4	5 8-9 AM TOTAL FITNESS 9:30AM - 12:30PM Bridge 4-5 PM Rejuvenate 4:30 PM Aerobics (JS) 5-6 PM UKULELE 6:00 PM HULAI! 6:30 PM Weight Watchers	6 9AM-2PM FOOTCARE 9AM-12PM E&Q QUILTERS 10 AM LINE DANCING 11:15 AM COLORING 12 PM LUNCH BUNCH 4:30 PM UKULELE 5:00 PM Dance Fitness 6:00 PM KARATE 6:30 PM YOGA	7 8-9 AM TOTAL FITNESS 9 AM Sew-N-Sews 10:30 AM Chair Exercise 11 AM BP Checks 11 AM BINGO 12 PM LUNCH BUNCH 4 PM Rejuvenate 4:30 PM Aerobics (JS)	8 9:30 - 10:30 AM Dance Fitness 11:30A - 4P Bridge 5:30 PM YOGA 6:00 PM KARATE	9 8-9 AM TOTAL FITNESS 9AM-12PM Clothing & Textiles 10:30 AM Chair Exercise 12 PM LUNCH BUNCH 12:30 PM SENIORS HULA 4-5 PM Rejuvenate	
11 All- Corners Sing & Play Along, Town Hall, 6-8 PM	12 8-9 AM TOTAL FITNESS 9:30AM - 12:30PM BRIDGE 4-5 PM REJUVENATE 4:30 PM AEROBICS (JS) 5-6 PM UKULELE 6:00 PM HULAI! 6:30 PM WEIGHT WATCHERS	13 Special performance 10 AM LINE DANCING 11:30 AM JR EXPLORERS will SING at the MEAL-SITE 12 PM LUNCH BUNCH 4:30PM UKULELE 5:00 PM Dance Fitness 6:00 PM KARATE 6:30 PM YOGA	14 8-9 AM TOTAL FITNESS 9 AM Sew-N-Sews 10:30 AM Chair Exercise 11 AM BP Checks 11 AM BINGO 12 PM LUNCH BUNCH 4 PM Rejuvenate 4:30 PM Aerobics (JS)	15 9:30 - 10:30 AM Dance Fitness 11:30A - 4P Bridge 5:30 PM YOGA 6:00 PM KARATE	16 8-9 AM TOTAL FITNESS 9AM-12PM Clothing & Textiles 10:30 AM Chair Exercise 12 PM LUNCH BUNCH 12:30 PM SENIORS HULA 4-5 PM Rejuvenate	17
WINTER BREAK FOR STEILACOOM HISTORICAL SCHOOL DISTRICT, DECEMBER 19-JANUARY 2 ... SCHOOL RESUMES ON TUESDAY, JAN 3RD WINTER CAMP by Club AM/PM IS IN FULL SWING during Winter Break						
18	19 8-9 AM TOTAL FITNESS 9:30AM - 12:30PM BRIDGE 4-5 PM REJUVENATE 4:30 PM AEROBICS (JS) 5-6 PM UKULELE 6:00 PM HULAI! 6:30 PM WEIGHT WATCHERS	20 10 AM LINE DANCING 12 PM LUNCH BUNCH 4:30 PM UKULELE 5:00 PM Dance Fitness 6:00 PM KARATE 6:30 PM YOGA	21 Christmas Meal-site 8-9 AM TOTAL FITNESS 9 AM Sew-N-Sews 10:30 AM Chair Exercise 11 AM BP Checks 11 AM BINGO 12 PM LUNCH BUNCH 4 PM Rejuvenate 4:30 PM Aerobics (JS)	22 9:30 - 10:30 AM Dance Fitness 11:30A - 4P Bridge 5:30 PM YOGA 6:00 PM KARATE	23 8-9 AM TOTAL FITNESS 9AM-12PM Clothing & Textiles 10:30 AM Chair Exercise 12 PM LUNCH BUNCH 12:30 PM SENIORS HULA 4-5 PM Rejuvenate	24 Christmas Eve
25 Christmas Day 	26 Community Center Closed	27 10 AM LINE DANCING 11:15 AM COLORING 12 PM LUNCH BUNCH 4:30PM UKULELE 5:00 PM Dance Fitness 6:00 PM KARATE 6:30 PM YOGA	28 8-9 AM TOTAL FITNESS 9 AM Sew-N-Sews 10:30 AM Chair Exercise 11 AM BP Checks 11 AM BINGO 12 PM LUNCH BUNCH 4 PM Rejuvenate 4:30 PM Aerobics (JS)	29 9:30 - 10:30 AM Dance Fitness 11:30A - 4P Bridge 5:30 PM YOGA 6:00 PM KARATE	30 LAST DAY OF WINTER CAMP 8-9 AM TOTAL FITNESS 9AM-12PM Clothing & Textiles 10:30 AM Chair Exercise 12 PM LUNCH BUNCH 12:30 PM SENIORS HULA 4-5 PM Rejuvenate	31 NEW YEAR'S EVE!! GOOD BYE 2016!!