
























Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Color Sample</p> <p>Stencils by Joanie</p>	<p>National Influenza Vaccination Week (3-9th)</p>  <p>National Hand Washing Week (3-9th)</p>	<p>December 1st</p>  <p>World AIDS Day</p> <p>Hanukkah (12-20th)</p>  <p>Kwanzaa (26th - Jan. 1)</p> 	<p>Naughty or Nice</p>	<p>1</p> <p>8:30 Enhance Fitness</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak</p> <p>10:00 Crochet</p> <p>10:45 Kinesiology Klub</p> <p>12:30 Chat w/Nat- Lunch & Learn (Winter Squash)</p> <p>1:00 Tai Chi 3-D</p> <p>1:00 PROGRAM-Howard University-At Risk</p> <p>1:00 </p>
<p>4</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Therapeutic Treatments (Chair Massage)</p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates</p> <p>1:00 Enhance Fitness</p> <p>1:15 Phase 10/Pokeno</p> <p>2:00 Tai Chi 3D</p>	<p>5</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Blood Pressure</p> <p>9:30 Chair Fitness</p> <p>10:45 Chat w/Nat -Cold vs. Flu</p> <p>1:30 Sewing</p> <p>2:00 Yoga</p> <p>3:00 Hand Dancing</p>	<p>6</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Arts & Crafts</p> <p>10:30 ASSEMBLY MEETING</p> <p>1:00 Spiritual Studies</p> <p>1:45 Tai Chi 3D</p> <p>2:30 Enhance Fitness</p>	<p>7</p> <p>8:45 90-Day Challenge (Quads/Ham)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 TRIP - Amish Market (Box Lunch)</p> <p>10:00 Choir</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 Book Club</p> <p>12:30 African Drum</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation</p> <p>2:30 Chat with Nat-Don't get caught Dirty-Handed</p>	<p>8</p> <p>8:30 Enhance Fitness</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak</p> <p>10:00 Crochet</p> <p>10:30 PRESENTATION-Enhanced Mobility Program (Transportation)</p> <p>12:30 Chat w/Nat- Lunch & Learn (Pear Month)</p> <p>1:00 Tai Chi 3-D</p> <p>1:00 </p>
<p>11</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Therapeutic Treatments (Chair Massage)</p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:00 TRIP-District Wharf (Box Lunches)</p> <p>10:00 Ward 8 Mini Commission</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates</p> <p>1:00 Enhance Fitness</p> <p>1:15 Phase 10/Pokeno</p> <p>2:00 Tai Chi 3D</p>	<p>12</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Blood Pressure</p> <p>9:30 Chair Fitness</p> <p>10:30 Sunshine Club</p> <p>10:45 TRIP-Chat with Nat-Trader Joes (Box Lunches)</p> <p>1:15 BOKWA</p> <p>1:30 Sewing</p> <p>2:00 Yoga</p> <p>2:30 Club Memory</p> <p>3:00 Hand Dancing</p>	<p>13</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Arts & Crafts</p> <p>10:00 TRIP-Mayor's Annual Senior Holiday Celebration</p> <p>10:30 Pilates</p> <p>1:00 Spiritual Studies</p> <p>1:00 Community Development Committee</p> <p>1:45 Tai Chi 3D</p> <p>2:30 Enhance Fitness</p>	<p>14</p> <p>8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Choir</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 African Drum</p> <p>11:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation</p> <p>2:30 Chat with Nat - Diabetes Support Group</p>	<p>15</p> <p>8:30 Enhance Fitness (LAST CLASS)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak</p> <p>10:00 Crochet</p> <p>10:30 TRIP-Luncheon w/Game Room @ Flaming Grill</p> <p>10:45 Kinesiology Klub</p> <p>12:30 Chat w/Nat Lunch & Learn (Cocoa Month)</p> <p>1:00 Tai Chi 3D (LAST CLASS)</p> <p>1:00 </p>

<p>18 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Therapeutic Treatments (Chair Massage) </p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates </p> <p>1:30 Phase 10/Pokeno </p>	<p>19 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration </p> <p>9:30 Chair Fitness</p> <p>10:45 Chat w/Nat-Incredible Edible Egg (Eggnog Month)</p> <p>11:00 Blood Pressure </p> <p>1:00 Men's Locker Room - Discussion "What's on Your Mind"</p> <p>1:30 Sewing </p> <p>2:00 Yoga </p> <p>3:00 Hand Dancing </p>	<p>20 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Arts & Crafts</p> <p>10:00 Advisory Board</p> <p>10:30 Pilates</p> <p>12:30 CHSWC Christmas Celebration</p> <p></p> <p>1:00 Spiritual Studies</p>	<p>21 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Choir</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 Book Club</p> <p>12:30 African Drum</p> <p>12:30 Technology/Multimedia</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga </p> <p>2:30 Breathe, Release & Relax: Meditation </p> <p>2:30-Chat w/Nat - Cooking Demo</p>	<p>22 9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak </p> <p>10:00 Crochet </p> <p>10:45 Kinesiology Klub</p> <p>12:30 Chat w/Nat- Lunch & Learn (Maple Syrup Month)</p> <p>1:00 Birthday Party </p>
<p>25</p> <p>CENTER CLOSED</p> <p></p>	<p>26 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Chair Fitness </p> <p>10:45 Health Education w/ Brenda</p> <p>11:00 Blood Pressure </p> <p>1:15 BOKWA</p> <p>1:30 Sewing </p> <p>2:00 Yoga </p> <p>3:00 Hand Dancing</p>	<p>27 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Arts & Crafts</p> <p>10:30 Pilates </p> <p>10:30 Health Education w/Brenda </p> <p>1:00 Spiritual Studies</p>	<p>28 8:45 90-Day Challenge (Quads & Hamstrings)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Choir </p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 African Drum</p> <p>12:30 Technology/Multimedia</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation </p>	<p>29 New Years Eve Cruise</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak</p> <p>10:00 Crochet</p> <p>10:00 TRIP-LUNCHEON Cruise</p> <p>12:30 Chat w/Nat- Lunch & Learn (Vinegar Month)</p> <p></p>



Bring on the NEW YEAR!

