

# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
9:00 am - 10:00 am Line Dancing Class- Beginner's 9:00 am - 12:00 pm Christmas Blanket & Sock Drive 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm Christmas Blanket & Sock Drive 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga	9:00 am - 10:00 am Dementia Friends Virtual Sessions 9:00 am - 12:00 pm Christmas Blanket & Sock Drive 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany	9:00 am - 12:00 pm Christmas Blanket & Sock Drive 10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:30 pm Game Day Trivia–VIRTUAL		10:30 am - 5:30 pm Day Trip: Swamp Gravy in Colquitt	
11	12	13	14	15	16	17
9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga	9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Friends Virtual Sessions	10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:30 pm Game Day BINGO–Virtual			
18	19	20	21	22	23	24
9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm Georgia Legal Services 9:00 am - 12:00 pm Game Day 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck			
25	26	27	28	29	30	31
	8:15 am - 9:45 am Pickleball Open Play 10:00 am - 11:00 am Senior Stretch & Yoga	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness			