

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 9:30 Strength Training 10:30 Coffee and Current Events 1 Mah Jongg 3 Memoir Writing Workshop 6 Strength Training	2 9 BeMoved 12 Yoga 4 Happy Hour	3 9 Core Strength & Cardio 12 Free Paint 3 Documentary & Popcorn
4 8:30 Lakefront Walk 11-1 Ping Pong 1 Lunch on the Town 3 Movie and Popcorn	5 10 Holiday Decorating 11 Pilates 1 Dominoes 7 Mindfulness	6 9:30 Tai Chi 1 Pinochle 2 Zumba 4 Around the World	7 9 Mens Group 10 Yoga 2 Canasta 4 Happy Hour 6:30 Musical Wednesdays	8 9:30 Strength Training 10:30 Coffee and Current Events 1 Mah Jongg 3 Memoir Writing Workshop 4 December to Remember 6 Strength Training	9 9 BeMoved 12 Yoga 4 Happy Hour 7:30 The Brahms I Love at Northwestern	10 9 Core Strength & Cardio 12 Free Paint 3 Documentary & Popcorn
11 8:30 Lakefront Walk 11-1 Ping Pong 1 Lunch on the Town 3 Movie and Popcorn	12 11 Pilates 1 Dominoes 7 Mindfulness	13 9:30 Tai Chi 1 Pinochle 2 Zumba 4 Around the World	14 9 Mens Group 10 Yoga 2 Canasta 4 Happy Hour-Holiday Sweater 6:30 Musical Wednesdays	15 9:30 Strength Training 10:30 Coffee and Current Events 1 Mah Jongg 3 Memoir Writing Workshop 6 Strength Training	16 9 BeMoved 12 Yoga 2 Magic Show w/ Greg Whalen 4 Happy Hour	17 9 Core Strength & Cardio 12 Free Paint 3 Documentary & Popcorn
18 8:30 Lakefront Walk 11-1 Ping Pong 1 Lunch on the Town 3 Movie and Popcorn	19 11 Pilates 1 Dominoes 2 Holiday Cookie Exchange 7 Mindfulness	20 9:30 Tai Chi 1 Pinochle 2 Zumba 4 Around the World	21 9 Mens Group 10 Yoga 2 Canasta 4 Happy Hour 6:30 Musical Wednesdays	22 9:30 Strength Training 10:30 Coffee and Current Events 1 Mah Jongg 3 Memoir Writing Workshop 6 Strength Training	23 9 BeMoved 12 Yoga 4 Happy Hour	24 9 Core Strength & Cardio 12 Free Paint 3 Documentary & Popcorn
25 8:30 Lakefront Walk 11-1 Ping Pong 1 Lunch on the Town 3 Movie and Popcorn	26 11 Pilates 1 Dominoes 7 Mindfulness	27 9:30 Tai Chi 1 Pinochle 2 Zumba 4 Around the World	28 9 Mens Group 10 Yoga 2 Canasta 4 Happy Hour	29 9:30 Strength Training 10:30 Coffee and Current Events 1 Mah Jongg 3 Memoir Writing Workshop 6 Strength Training	30 9 BeMoved 12 Yoga 4 Happy Hour-New Year's Celebration	31 9 Core Strength & Cardio 12 Free Paint 3 Documentary & Popcorn

