

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



				1 3:00 <b>Deck the Halls</b> • Join me to put up the tree and do some decorating!	2	3
4	5	6 1:30 <b>Zydeco</b>	7	8 9:00 <b>Zydeco</b>	9	10
11	12	13 1:30 <b>Fa-la-la-la-la FUN!</b> • Plan on an hour! 😊	14	15 9:00 <b>Aerobics &amp; Balls</b>	16	17
18 <small>Hanukkah Begins</small>	19	20 1:30 <b>Gentle Mvmt. Christmas Style</b>	21 <small>Winter Begins</small>	22 9:00 <b>Gentle Mvmt. Christmas Style</b>	23 6:00 <b>Christmas Dinner w/ Special Entertainment</b> See Reverse side	24
25 <small>Christmas</small>	26 <small>Boxing Day (Canada) Kwanzaa Begins</small>	27 <b>No Exercise!</b>	28	29 <b>No Exercise!</b>	30	31 <small>New Year's Eve</small>

**All exercise classes will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!**