

# DECEMBER Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> 11:00 Sittercize 2:30 Rehearsal Lighting Show 6:30 Shuffleboard	<b>3</b> 10:00 Gingerbread Decorating DR 10:00 Yoga 11:00 Balance 12:00 Doc Talk	<b>4</b> 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	<b>5</b> 10:00 aerobics 1:00 Yoga 5:30 Christmas Lighting Extravaganza	<b>6</b> 9:20 Tai Chi 11:00 Sittercize 1:00 Card Game 31 \$\$\$\$ 3:00 Monthly Bday party 6:30 Shuffleboard	<b>7</b> Cornhole State Finals 11:00 TV Yoga 3:00 Chair Volleyball
<b>8</b>	<b>9</b> 11:00 Sittercize 6:30 Shuffleboard	<b>10</b> 10:00 Skycrest Singers 10:00 Yoga 11:00 Balance 1:00 Aerobics 2:00 Nancy Nature Village Studio	<b>11</b> 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	<b>12</b> 10:00 Aerobics 1:00 Yoga 3:00 FAMILY & FRIENDS	<b>13</b> 11:00 Sittercize 2:30 UGLY SWEATER PARTY  6:30 Shuffleboard	<b>14</b> Shuffleboard State Finals 11:00 TV Yoga 3:00 Chair Volleyball
<b>15</b>	<b>16</b> 11:00 Sittercize 3:00 Well Committee Meeting 6:30 Shuffleboard	<b>17</b> 10:00 Yoga 11:00 Balance 1:30 Christmas Tea	<b>18</b> 10:00 Fitness 11:00 Sittercize 2:30 Christmas Carols Chapel	<b>19</b> 10:00 Aerobics 1:00 Yoga 2:00 Line dancing	<b>20</b> 9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 2:30 Xmas Wine Down 6:30 Shuffleboard	<b>21</b> 11:00 Yoga TV 3:00 Chair Volleyball
<b>22</b>	<b>23</b> 10:00 Fitness 11:00 Sittercize	<b>24</b> 10:00 Yoga 11:00 Balance 1:00 Aerobics	<b>25</b> 	<b>26</b> 10:00 Aerobics TV 1:00 Yoga 2:00 Line Dancing	<b>27</b> 9:20 Tai Chi 11:00 Sittercize TV 2:00 Card Game 31	<b>28</b> 11:00 Yoga TV 3:00 Chair Volleyball
<b>29</b>	<b>30</b> 10:00 Fitness 11:00 Sittercize TV	<b>31</b> 10:00 Yoga 11:00 Balance TV 1:00 Aerobics TV		<b>2</b> 10:00 Aerobics TV 1:00 Yoga 2:00 Chair Volleyball	<b>3</b> 9:20 Tai Chi 11:00 Sittercize TV 2:00 Card Game 31 1:30 Shuffleboard	<b>4</b> 11:00 Yoga TV 3:00 Chair Volleyball