

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:30 Wii Bowling 1-Scrabble	2 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Chair Exercises 1-Pinochle 5:45-Pool 7-Jam Session	3 Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge 1-Cribbage	4 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure Ctr 11:05Chair Exercises 12:45-Bingo 1-Scrabble 6-Pool	5 DANCE TO THE WHITINGS 7:00pm to 9:00pm PLEASE BRING FINGER FOOD
6 Pool-5:45pm	7 Adult Day Care 8:00am-4:00pm 10 Advisory Council 10-Low Impact Aerobics 11-BI Pressure 11:05-Chair Exer 12-Sherards Hearing	8CASPER TRIP Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:30 Wii Bowling 1-Scrabble	9 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Chair Exercises 1-Pinochle 5:45-Pool 7-Jam Session	10 Adult Day Care 8:00am-4:00pm 9-2 COMMODITIES 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge 1-Cribbage	11 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure Ctr 11:05Chair Exercises 12:45-Bingo 1-Scrabble 5:45-Pool	12
13 Pool-5:45pm	14 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05- ChairExercises	15 CASPER TRIP Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:30 Wii Bowling 1 pm -Scrabble	16 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Chair Exercises 1-Pinochle 5:45-Pool 7-Jam Session	17 CHRISTMAS PARTY ALL ACTIVITIES CANCELLED Adult Day Care 8:00am-4:00pm	18 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11 BI Pressure Ctr 11:05-Chair Exercises 12:45-Bingo 1-Scrabble 5:45-Pool	19
20 Pool-5:45pm	21 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure- Center 11:05-Chair Exer	22 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:30 Wii Bowling 1 pm -Scrabble	23 Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05ChairExercises 1-Pinochle 5:45-Pool 7-Jam Session	24	25	26
				 We will be closed So our Employees Can Enjoy the Holiday With Their Families		
27 Pool-5:45pm	28 Adult Day Care 8:00am-4:00pm 10-Low Impact Aerobics 11-BI Pressure 11:05-Chair Exer	29 Adult Day Care 8:00am-4:00pm 10-BI Pressure Irwin Towers 11-Strong Bones Exercise Class 12:30 Wii Bowling 1 pm -Scrabble	30 BIRTHDAY DINNER Adult Day Care 8:00am-4:00pm 9-Paint Guild 10-Low Impact Aerobics 11-BI Pressure 11:05Chair Exercises 1-Pinochle 5:45-Pool 7-Jam Session	31 Adult Day Care 8:00am-4:00pm 10-Bible Study 11-Strong Bones Exercise Class 11:15-Fun Singers 1-Bridge 1-Cribbage 7-9 NEW YEARS EVE DANCE		

Senior
Center

DECEMBER 2009

Douglas Senior Citizens Center
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