

# Senior Center • December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
<b>Healthy Holiday Eating: Part 2</b> Sarah Irvin 11:30 am	<b>Holiday Shopping</b> 10:00 am 	<b>Writers Workshop</b> "Feet to the Fire" Board Room 11:30 am 	<b>Spalding University</b> Dr. Sheila Kirk together with Nursing Students 9:00 am  <b>Pearl Harbor Remembrance Day</b>	
11	12	13	14	15
<b>Derby City Hearing</b> Kevin Franke 11:30 am	<b>Holiday Musical</b> Stopher Elementary School Students 11:30 am	<b>Galen College of Nursing</b> students on site  <b>Holiday Party</b> Sponsor: JenCare 11 am to 1:30 pm  <b>SENIOR COMMODITIES</b> Noon to 2:00 pm	  <b>1st Day of Winter</b>	<i>No Line Dancing</i>  <b>SENIOR COMMODITIES</b> 10:00 am to Noon
18	19	20	21	22
<b>Nicole Guffey Wiseman</b> Friend 4 Life Cancer Support Network 11:30 am		<i>No Arts &amp; Crafts</i>  <b>Aerobics Class will meet!</b> 		
25	26	27	28	29
<b>Christmas Day</b> Center Closed 	<b>Center Closed</b>  <b>Kwanzaa begins</b>	<i>No Arts &amp; Crafts</i>		

**These events occur EVERY WEEK (unless otherwise announced)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 am</b> Tai Chi	<b>10:00 am</b> Arthritis Exercise Line Dancing Quilting	<b>9:30am</b> Arts & Crafts	<b>9:30 am</b> Tai Chi	<b>10:00 am</b> Line Dancing
<b>10:00 am</b> Yoga		<b>10:00 am</b> SHIP Counseling	<b>10:00 am</b> Arthritis Exercise Reflections Yoga	<b>11:00 am</b> Lunch
<b>10:30</b> Aerobics	<b>11:00 am</b> Lunch	<b>10:30</b> Aerobics Computer Class (Lab)		<b>12:00 pm</b> BINGO
<b>11:00 am</b> Lunch	<b>12:30 pm</b> BINGO	<b>11:00 am</b> Lunch	<b>11:00 am</b> Lunch	
<b>12:30 pm</b> BINGO		<b>12:30 pm</b> BINGO	<b>12:00 pm</b> BINGO	

Lunch is provided in partnership with Louisville Metro Government Senior Nutrition Program. Activities are funded in part by Louisville Metro Government, Metro United Way, and the Kentuckiana Regional Planning and Development Agency (KIPDA).

