



DECEMBER 2018 SUPER SENIORS CALENDAR



Mon	Tue	Wed	Thu	Fri
3 8:15-8:55a Cardio/Core 9-10:30 FREE! Drop in Sr Breakfast 9-9:30a Chair Strength 9:30-10:30a Chair Yoga 10:30a Pedal for Parkinson's/ Balance 11a-1p Senior Card Social BYOL	4 9a Water Complete 9:30a Chair Fit 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	5 7 & 8:30a Water Complete 10a Aqua Arthritis 10:30a Pedal for Parkinson's 11a-1p Senior Card Social	6 9a Water Complete 9:30a Chair Fit 10:30 Tai Chi 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	7 8:15-8:55a Cardio/Core 7 & 8:30a Water Complete 9-9:30a Chair Strength 9:30-10:30a Chair Yoga 10a Aqua Arthritis 11a-1p Senior Card Social
10 9-10:30 FREE! Drop in Sr Breakfast "The Connection between Hearing Loss & Dementia", presented by Delta Hearing 11a-1p Senior Card Social BYOL (classes scheduled per usual)	11 9a Water Complete 9:30a Chair Fit 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	12 7 & 8:30a Water Complete 10a Aqua Arthritis 10:30a Pedal for Parkinson's 11a-1p Senior Card Social	13 9a Water Complete 9:30a Chair Fit 10:30 Tai Chi 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	14 12p Christmas Luncheon** Pre-register @desk Members Free! All others \$10
17 8:15-8:55a Cardio/Core 9-10:30 FREE! Drop in Sr Breakfast & Free Hearing Screenings by Delta Hearing 9-9:30a Chair Strength 9:30-10:30a Chair Yoga 10:30a Pedal for Parkinson's/ Balance 11a-1p Senior Card Social BYOL	18 9a Water Complete 9:30a Chair Fit 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	19 7 & 8:30a Water Complete 10a Aqua Arthritis 10:30a Pedal for Parkinson's 12:00p Senior Offsite Christmas Luncheon** @ Java Joe's	20 9a Water Complete 9:30a Chair Fit 10:30 Tai Chi 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	21 7 & 8:30a Water Complete 8:15-8:55a Cardio/Core 9-9:30a Chair Strength 9:30-10:30a Chair Yoga 10a Aqua Arthritis 11a-1p Senior Card Social
24 Christmas Eve Open 5:30a-12noon (no Senior Breakfast this week)	25 MERRY CHRISTMAS! CLOSED	26 7 & 8:30a Water Complete 10a Aqua Arthritis 10:30a Pedal for Parkinson's 11a-1pm Senior Card Social	27 9a Water Complete 9:30a Chair Fit 10:30 Tai Chi 10:45a Slow Flow Yoga 11:45 Meditation 11a Gentle Aqua Yoga	28 7 & 8:30a Water Complete 8:15-8:55a Cardio/Core 9-9:30a Chair Strength 9:30-10:30a Chair Yoga 10a Aqua Arthritis 11a-1p Senior Card Social

- Exercise classes listed are suggested senior friendly classes; please see our branch schedules for the full list of classes!
- Please pre-register at the front desk for luncheons & programs with **