



December 2020 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10 am – Computer Club 1:30 pm – Chair Yoga	2 9 am – Body Balance 10:30 am – Spanish Group	3 10:30 am – MAC Group 1:30 pm – Chair Yoga	4 11 am – French Group	5
6	7 Mayor Barnett YouTube 9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	8 10 am – Computer Club 1:30 pm – Chair Yoga	9 9 am – Body Balance 10:30 am – Spanish Group 1 pm – Ask the Dietitian	10 10:30 am – Holiday Traditions 1:30 pm – Chair Yoga	11 11 am – French Group	12
13	14 9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	15 10 am – Computer Club 1:30 pm – Chair Yoga	16 9 am – Body Balance 10:30 am – Spanish Group	17 10:30 am – MAC Group 1 pm – Food for Thought 1:30 pm – Chair Yoga	18 11 am – French Group	19
20	21 9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	22 10 am – Computer Club 1:30 pm – Chair Yoga 2:30 pm – Holiday Caroling Show	23 9 am – Body Balance 10:30 am – Spanish Group 2:30 pm – Managing Grief	24 Building Closed	25 Building Closed	26
27	28 Building Closed	29 Building Closed	30 Building Closed	31 Building Closed		
		Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - Please register in advance!				