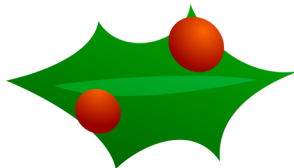




DECEMBER



2016

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|
|  | |  | 1 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Hope Health Program "Independence at Home" 1:30 | 2 Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30 |
| 5 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15 | 6 COA Board Meeting 10:00 Men's Exercise Class 10:45- COA CAFÉ 12:30 Tree Decorating 1:30 Women's Reflections 6:30 | 7 Chi Kung 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 | 8 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 9 Strength Training 9:00-10:00 Shopping Trip 9:00 White Line Open Studio 1:30-3:30 |
| 12 Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15 | 13 COA CAFÉ 12:30 Men's Exercise Class 10:45 Community Development Partnership Program 1:30 Women's Reflections 6:30 | 14 Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Free Legal Assistance (By Appointment Only) | 15 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 16 Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30 |
| 19 Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30 | 20 COA CAFÉ CANCELLED Men's Exercise Class 10:45 Women's Reflections 6:30 | 21 Chi Kung 8:30 Strength Training w/Kathy Stetson 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00 | 22 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Tour of Holiday Lights 4:30-6:00 | 23 COA CLOSED AT 11:30 |
| 26 COA CLOSED | 27 COA CAFÉ 12:30 No Men's Exercise Class 10:45 Women's Reflections 6:30 | 28 Chi Kung 8:30 Strength Training w/Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 | 29 NO CORE 11-12:00 NO PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 | 30 COA CLOSED AT 11:30 |