

DECEMBER 2023



- Sponsored by the Senior Club
- ▲ Fee Based Classes
- + Free Seminars & Workshops

8:00 Walking Group ● 4
 9:00 NOCE - Fun and Fitness with Janine
 9:00 Longevity Stick Balance ●
 9:00 Needlecraft Service Group ●
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 11:00 Medicare Q&A Workshop +
 12:00 Medicare Counseling - HICAP
 12:30 Bingo ●
 1:00 Caring Companions ●

7:30 Pickleball ▲ 5
 9:00 Tai Chi Chuan ●
 9:00 Hawaiian Dance Lessons ▲
 9:00 NOCE-Staying Mentally Sharp
 10:00 NOCE- Robin's Health & Exercise
 10:30 Belly Dance Lesson ▲
 11:00 Sr. Lunch with Reservation
 11:00 Let's De-Stress Workshop +
 11:30 Korean Drumming ▲
 12:45 Loteria
 6:00 Tuesday Evening Dance ▲

8:00 Walking Group ● 6
 8:30 Farmer's Market
 8:30 Tai Chi Chuan ●
 8:45 Beginning Tai Chi Chuan ●
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 11:00 Preguntas y Respuestas sobre Medicare +
 12:30 NOCE - Fit & Healthy with Kenny
 4:00 Birthday Karaoke! ●
No Sr. Line Dance Lessons

9:00 NOCE- Crocheting & Knitting 7
 9:00 NOCE-Staying Mentally Sharp
 10:00 Departure Trip #15 - Christmas with Sinatra and Friends
 10:30 Korean Folk Singing ▲
 10:30 Grocery Distribution
 11:00 Table Tennis ▲
 11:00 Sr. Lunch with Reservations
 12:30 Creative Coloring ●
 1:30 Korean Dance ▲
 4:00 Senior Ukulele Jam ●
No Festive Fitness With Deena

7:30 Pickleball ▲ 8
 8:00 Walking Group ●
 9:00 NOCE - Health & Wellness with Eunice
 11:00 Grief Support Group
 11:00 Sr. Lunch with Reservation
 12:30 Friday Movie - "80 for Brady" ●
 12:30 NOCE - Fit & Healthy with Kenny
**No Health Enhancing Class
 No Meals on Wheels Lunch
 No Movie Today**

8:00 Walking Group ● 11
 9:00 NOCE - Fun and Fitness with Janine
 9:00 Longevity Stick Balance ●
 9:00 Needlecraft Service Group ●
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation ▲
 11:00 Table Tennis
 12:30 Bingo ●

7:30 Pickleball ▲ 12
 9:00 Tai Chi Chuan ●
 9:00 Hawaiian Dance Lessons ▲
 9:00 NOCE - Staying Mentally Sharp
 10:00 NOCE - Robin's Health & Wellness
 10:30 Belly Dance Lesson ▲
 11:00 Sr. Lunch with Reservation
 11:00 A New Year, A Healthier you! +
 11:30 Korean Drumming ▲
 6:00 Tuesday Evening Dance ▲

8:00 Walking Group ● 13
 8:30 Farmer's Market
 8:30 Tai Chi Chuan ●
 8:45 Beginning Tai Chi Chuan ●
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 12:30 NOCE - Fit & Healthy with Kenny
 4:00 Karaoke! ●
**No Sr. Line Dance Lessons
 No Museums & More**

9:00 NOCE- Crocheting & Knitting 14
 9:00 NOCE-Staying Mentally Sharp
 9:00 Community Legal Aid Appointments
 10:30 Korean Folk Singing ▲
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 12:30 Creative Coloring ●
 1:30 Korean Dance ▲
 2:00 Thursday Trivia
 4:00 Senior Drum Circle ●
No Festive Fitness With Deena

7:30 Pickleball ▲ 15
 8:00 Walking Group ●
 9:00 NOCE - Health & Wellness with Eunice
 11:00 Sr. Lunch with Reservation
 12:30 NOCE- Fit & Healthy with Kenny
 2:30 Crafternoon - Holiday Ornament
No Movie Today.


8:00 Walking Group ● 18
 9:00 Longevity Stick Balance ●
 9:00 Needlecraft Service Group ●
 11:00 Ipad Training Class +
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 12:00 Medicare Counseling - HICAP
 12:30 Bingo ●
**No Chair Yoga
 No NOCE- Fun and Fitness with Janine**

7:30 Pickleball ▲ 19
 10:30 Belly Dance Lesson ▲
 11:00 Sr. Lunch with Reservation
 11:30 Korean Drumming ▲
 11:30 Chair Volleyball
 1:00 Alzheimer's Caregiver Support Group
 6:00 Tuesday Evening Dance ▲
**No Tai Chi Chuan
 No Loteria
 No Hawaiian Dance Lessons
 No NOCE - Staying Mentally Sharp
 No NOCE - Robin's Health & Wellness**

8:00 Walking Group ● 20
 8:30 Farmer's Market
 11:00 Sr. Lunch with Reservation
 4:00 Karaoke! ●
**No Tai Chi Chuan
 No Chair Yoga
 No Sr. Line Dance Lessons
 No NOCE- Fit & Healthy with Kenny**

9:00 Community Legal Aid Appointments ● 21
 10:30 Korean Folk Singing ▲
 10:30 Grocery Distribution ●
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 12:30 Creative Coloring ●
 1:30 Korean Dance ▲
 4:00 Senior Sing-a-Long
**No Senior Club Board Meeting
 No NOCE- Crocheting & Knitting
 No NOCE- Staying Mentally Sharp**

7:30 Pickleball ▲ 22
 8:00 Walking Group ●
 11:00 Sr. Lunch with Reservation
 11:00 Grief Support Group
 12:30 Friday Movie - "Best Christmas Ever!" ●
 4:30 Crafternoon - Holiday Ornament
**No Bulletin Collation
 No NOCE- Health & Wellness with Eunice
 No NOCE- Fit & Healthy with Kenny**

25

**Merry Christmas
 Center is Closed**

26
Center is Closed

27
Center is Closed

28
Center is Closed

29
Center is Closed