

ACTIVITIES DECEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Resistance Exercise 9-10 Medicare 9-4 Appt only Bridge 9:30-11:30 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Music Group 1-2 Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8	3 Medicare 9-4 Appt only Rhythm Rockers 10-11 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4	4 Watercolor 9-12 SSN 9-11 Medicare 9-4 Appt only Resistance Ex. 9:30-10:30 Computer Group 10-12 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 10:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9:30	5 Medicare 9-4 Appt only Scrapbooking 9-2 Rhythm Rock 10-11 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	6 Medicare 9-4 Appt only Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Visionscope 10:30-12:30 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30 
9 Resistance Exercise 9-10 Bridge 9:30-11:30 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Music Group 1-2 Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30	10 Medicare 1:30-4 appt only Rhythm Rockers 10-11 Ping Pong 9:30-1 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Parkinson Support Grp 2-3 Tai Chi 2-4	11 Watercolor 9-12 Capital Quilters II 9-11 Resistance Exer. 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8	12 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	13 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
16 Resistance Exercise 9-10 Ping Pong 9:30-12 Bridge 9:30-11:30 Rhythm Rockers 10-11 Leisure Hour 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Music Group 1-2 Bridge 1-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Capital Quilters I 6:30-8	17 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4	18 Watercolor 9-12 Resistance Exer. 9:30-10:30 Lapidary 11-3 Ping Pong 9:30-1 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Advisory Board 1:30-3 Al Anon 6-8 Merry Go Rounds 6:30-9:30	19 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-2 Yoga 10-11:30 CUBE Bridge 12-4 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	20 Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
23 Resistance Exercise 9-10 Ping Pong 9:30-12 Bridge 9:30-11:30 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Mex Train Dominos 12:30-3:30 Music Group 1-2 Bridge 1-3:30 Mah Jongg 1-3:30 Better Breathers 1:15-2:15	24 Medicare 1:30-4 Appt only Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4	25 <h2 style="text-align: center;">Merry Christmas to All</h2> 	26 Social Security 8:30-12:30 Medicare 10-1:30 Walkins Rhythm Rockers 10-11 Scrapbooking 9-2 Yoga 10-11:30 CUBE Bridge 12-4 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependents Anon 5:45-7:45 Ping Pong 6-8 Barbershop 7-9	27 Resistance Ex 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Mah Jongg 1-3:30 Bunco 1-4
30 Resistance Exercise 9-10 Bridge 9:30-11:30 Ping Pong 9:30-1 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Mex Train Dominos 12:30-3:30 Music Goup 1-2 Bridge 1-3:30 Mah Jongg 1-3:30 Better Breathers 1:15-2:15	31 Medicare 1:30-4 Appt only Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4	HAPPY NEW YEAR 2014 	BINGO  <small>© All Rights Reserved - www.Capti.com/100703</small> December 8th & 22nd	