

# Calendar of Events

## NHC Senior Resource Center

### December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch	<b>30</b> 9:30-10:30 <b>Yoga</b> 10:30-11:00 Senior Strength 1.0* 11:15-12:00 Lunch	<b>1</b> 9:30-10:00 Puzzles 10-10:50 Geri-Fit 11:15-12:00 Lunch	<b>2</b> 9:30-10:00 Bingo 10-10:50 <b>Dancin' to the Oldies</b> 11:15-12:00 Lunch	<b>3</b> 9:30-10:00 <b>Ted Talk</b> 10:00-10:50 <b>Senior Strength w/ Gayla*</b> 11:15-12:00 Lunch
<b>6</b> 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch	<b>7</b> 9:30-10:30 <b>Yoga</b> 10:30-11:00 Senior Strength 1.0* 11:15-12:00 Lunch	<b>8</b> 9:30-10:00 <b>Nutrition Talk</b> 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	<b>9</b> 9:30-10:00 Bingo 10-10:50 <b>Coffee Talk</b> 11:15-12:00 Lunch	<b>10</b> 9:30-10:00 Yatzee 10-11 <b>Caregiving During the Holidays</b> 11:15-12:00 Lunch
<b>13</b> 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch	<b>14</b> 9:30-10:30 <b>Yoga</b> 10:30-11:00 Senior Strength 1.0* 11:15-12:00 Lunch	<b>15</b> 9:30-10:00 Yatzee 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	<b>16</b> 9:30-10:00 Bingo 10-10:50 <b>Dancin' to the Oldies Library</b> 11:15-12:00 Lunch	<b>17</b> 9:30-10:30 <b>How to Successfully Plan for Retirement</b> 10:30 - 11 <b>Senior Strength w/Gayla*</b> 11:15-12:00 Lunch
<b>20</b> 9:30-10:30 Line Dancing 10:30-11:00 Bingo 11:15-12:00 Lunch	<b>21</b> 9:30-10:30 <b>Yoga</b> 10:30-11:15 <b>How to Stay Retired Successfully</b> 11:15-12:00 Lunch	<b>22</b> 9:30-10 <b>Ted Talk</b> 10:00-10:50 Geri-Fit 11:15-12:00 Lunch	<b>23</b> <b>CLOSED – MERRY CHRISTMAS</b>	<b>24</b> <b>CLOSED – MERRY CHRISTMAS</b>
<b>27</b> <b>CLOSED – MERRY CHRISTMAS</b>	<b>28</b> 9:30-10:30 <b>Yoga</b> 10:30-11 Senior Strength 1.0* 11:15-12:00 Lunch	<b>29</b> 9:30-10 <b>Art Day!</b> 10-10:50 Geri-Fit 11:15-12:00 Lunch	<b>30</b> 9:30-10:00 Bingo 10-10:50 <b>Dancin' to the Oldies</b> 11:15-12:00 Lunch	<b>31</b> <b>CLOSED – HAPPY NEW YEAR!</b>

**\*Class/Discussion offered virtually**

**Dancin' to the Oldies** – get up and dance to popular songs!

**Coffee Talk** - A conversation with SRC staff and special guests, covering a wide array of topics.

**Senior Strength w/ Gayla** – strength training class using light hand weights (**pre-recorded class**)

**Art Day!** - join us for different art activities such as painting, drawing, coloring, etc.

**Yoga** – please bring your own yoga mat. Moves can be modified if you are more comfortable using a chair!

