



THE SENIOR ADVENTURER

CAMILLUS SENIOR CENTER NEWSLETTER

27 First Street, Camillus, NY 13031 (315) 672-5820
PROGRAMS FOR SENIORS AGE 55+

Open Mon – Fri

9 am – 3:30 pm

Teresa Roth, Senior Coordinator

Mary Sacco & Tricia Bacon, Assistants

November/December 2026

troth@townofcamillus.com



Our newsletter is online at www.CamillusRecreation.com & www.townofcamillus.com

VETERANS RECOGNITION & LUNCH

Join us as we recognize the men and women who selflessly served our country. We will have a short presentation by a representative from Clear Path.

Lunch menu features: Chicken Cordon Bleu Casserole, peas & pearl onions, and cherry pie.

Friday, November 6th

11:30 a.m. – 1:00 p.m.

\$3.50 suggested donation for seniors 60+ / \$7.00 for guests under 60. Complimentary lunch for our veterans.

Reservations required.

Call (315) 672-5820 to register or sign the book at front desk.



THANKSGIVING LUNCHEON

Join us as we give thanks for the many blessings in our lives. Lunch will include turkey, stuffing, mashed potatoes, gravy, green beans, cranberry sauce, dinner roll and pumpkin pie. Following the meal, enjoy a musical performance by Marty Dorschel.

Friday, November 20th

11:30 a.m. – 2:00 p.m.

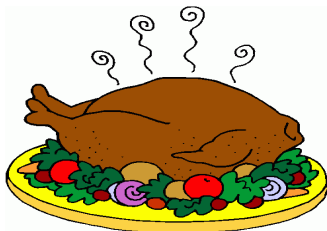
FULL

\$3.50 suggested donation - seniors 60+

\$7.00 for guests under 60

Reservations required. This event is full.

See the office or call (315) 672-5820 to be added to the waiting list.



HOLIDAY PARTY

Friday, December 11th

11:30 a.m. – 2:00 p.m.

Come celebrate the holidays surrounded by friends.

Enjoy a delicious lunch

followed by a holiday show featuring live entertainment with Tom Gilbo. The dinner menu includes Beef Stroganoff, egg noodles, honey carrots, and a special dessert.



ATTENTION BAKERS: We are looking for Christmas cookies – please donate if you can & let us know.

\$3.50 suggested donation for seniors 60+ / \$7.00 for guests under 60

Reservations required. Call (315) 672-5820 to register or sign the book.

Space is limited to 75 so register early.

FITNESS CLASSES

CHAIR YOGA

Improve your balance, posture, strength, stamina, flexibility – even your breathing! Tone your body, improve your breathing, and calm & clear your mind.

Monday mornings 9:30 – 10:30 a.m.

CY6: October 5 – November 16 (not 10/12)

CY7: November 23 – December 28

\$20 per person

Students should bring a yoga mat to secure their chair.



STRETCH, STRENGTHEN & BALANCE

Exercises for all ability levels & done either in a seated position or standing with a sturdy chair.

Please bring stretch band and/or hand weights.

Tuesday and Thursday mornings 9:30 a.m. – 10:30 a.m.

SSB7: October 20 – December 3

SSB8: December 15 – January 26 (not 12/24)

\$20 per 6-week session - Missed classes will not be made up



POWER HOUR

An energetic fitness class that consists of a 30-minute warm up and aerobic dance followed by a half hour of strength and flexibility training.

Please bring stretch band and/or hand weights.

Wednesday and Friday mornings 9:30 a.m. – 10:30 a.m.

PH7: October 21 – December 9 (not 11/11, 11/20 and 11/27)

PH8: December 16 – January 29 (not 12/25 & 1/1)

\$20 per 6-week session Missed classes will not be made up



CARDIO DRUMMING

Cardio drumming is a popular fitness activity that combines music and drumming to stay fit and have fun. Using a stability ball in a bucket and drumsticks you will enjoy beating, dancing and laughing with a combination of easy-to-follow steps while drumming to the beat of the music. All equipment will be provided. Wear comfortable clothing and footwear and bring a water bottle. Drumming can be done either standing or in a seated position.

Tuesday mornings (6 weeks)

11:00 a.m. – 11:45 a.m.

CD 8: October 27 – December 8 (no class 11/3)

CD 9: December 15 – January 19

\$25 per session (min of 8 to hold class)



ENTERTAINMENT / CARDS & GAMES

HOLIDAY MUSIC PERFORMANCE

Don't miss seeing the Camillus Middle School Select Chorus (accompanied by choral director Don Schuessler) on Monday, **December 21st at 11:30am** as they sing a variety of holiday songs.

SUPER BINGO

Join us for an exciting afternoon playing Bingo! Prizes will be awarded.



**Monday, November 2
& December 7
1:00pm – 3:00pm**

\$1 per board – we provide boards and the bingo chips.
Raffle tickets are also available – 5 for \$1.

BRIDGE

If you are interested in playing Bridge at the center on Thursday afternoons, please call the office at (315) 672-5820.
Substitutes are needed.



BUNKO

Join us for this fun dice game. Great chance to get out, meet friends and socialize. All supplies provided. **PRIZES!**

2nd & 4th Mondays of month (usually)

- **November 9 & 23**
- **December 14 & 28**

1:00 p.m. – 3:00 p.m.

\$2.00 per person (CASH)

Call (315) 672-5820 to register.

Sign-up for lunch and enjoy a delicious meal beforehand.



PITCH

Looking for something fun to do in the afternoon? Stop by the center for an exciting time playing pitch or spades.



**Tuesday afternoons
12:45 p.m.
All are welcome**

TRIVIA DAY

Teams or tables will compete against each other to answer a variety of trivia questions.

**Wednesday, November 18
Wednesday, December 16
12:30 p.m.**



No charge. Sign-up for lunch and enjoy a delicious meal beforehand.

MEXICAN TRAIN DOMINOES

Join us for a fun afternoon playing the dominoes game of Mexican Train.

**Tuesdays
12:45 p.m. – 3:00 p.m.**
Come early and have lunch!
(Call in advance to order)



MAH JONGG

**Friday mornings
9:30 a.m. – 12 noon**

All players welcome.

Newcomers are encouraged.

Note: due to special events, Mah Jongg will not be held on 11/20 & 12/11.



HAND & FOOT CARD GAME

Come try this fun card game that is similar to Canasta.

**Fridays at 12:30 p.m. (except on party days
or when center closes early)**

FOR YOUR INFORMATION

ANTI-INFLAMMATORY SOLUTION

This is a free, science-backed docuseries that teaches you how to identify & address chronic inflammation through diet, gut health, & targeted nutrients. There are a total of 8, 1-hour long videos featuring 38 doctors & experts who share proven protocols for healing inflammation & related conditions. Learn the root causes of chronic inflammation and how it silently drives symptoms like joint pain, fatigue, brain fog, digestive issues, and chronic disease. Find out how diet and specific nutrients, foods & drinks can heal or worsen inflammation. **Videos** will be shown on **Mondays: November 9, 16, 23, 30 & December 7 & 14 from 10:45-11:45am.**

MEDICARE COUNSELING

Angela Pulis, an independent Medicare broker, is here to answer your Medicare related questions, research which plan is best for you and assist with enrollment.

**Thursday, November 12th
& Friday, December 4th
11:30 – 1:30 p.m.**

There is no charge for her service and no appointment is necessary.



NEIGHBORHOOD ADVISOR

Our Neighborhood Advisor, Patrick Banks, from the Salvation Army can help you remain independent and living in your own home. He can help with SNAP & HEAP apps, housing lists or referrals, home repair referrals, phone discount, EISEP, Medicare savings programs & other services. If you would like assistance, let the Sr. Ctr staff know & we will put Patrick in touch with you. In-person appointments can be arranged.



BENEFITS ENROLLMENT SCREENINGS with INTERFAITH WORKS

Representatives from Interfaith Works will be on-site on **Tuesdays, 10/27 and 11/10 from 11:45am – 1:45pm** to provide free, confidential & quick screenings to see if seniors with limited income are eligible to save money on food, healthcare, and prescription drugs. No appointment needed.

HEARING HEALTH

HearingLife is hosting a special Hearing Healthcare session on Monday, November 16th from 12:45-2:45pm. Complimentary screenings (approx. 10mins in length) will be provided along with cleaning of your hearing devices & hearing aid performance checks. Appointments are recommended & can be made through the Sr Center Office.



CENTER CLOSINGS:

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The center will be closed:

Tues. Nov. 3 – Election Day

Wed. Nov. 11 – Veterans Day

Wed. Nov. 25 – **closing at 12 noon**

Thurs. Nov. 26 – Thanksgiving

Fri. Nov. 27 – Thanksgiving holiday

Thu. Dec. 24 – Christmas Eve

Fri. Dec. 25 – Christmas holiday

Thu. Dec. 31 – **closing at 1:00 p.m.**

Fri. Jan. 1 – New Year's Day



EDUCATIONAL PROGRAMS

SELF-DIRECT TALK

Wednesday, December 30th at 12:45pm

Join us as Leukeshia "Keshia" Hogarth, Director of Self-Direct, Inc., shares how their services help older adults stay independent, safe, and connected at home and in the community. Self-Direct is a licensed home care agency based in Baldwinsville. It offers a Social Adult Day Program with activities, socialization, and a welcoming place to spend the day, along with in-home personal care from trained aides and medical alert devices that bring help at the push of a button. Whether you're planning ahead for yourself or looking for support for a loved one, come learn about the options available and get your questions answered.



FALL PREVENTION

Learn about fall risk factors and the modifications that can be made to decrease fall risk as well as strengthen muscle groups and improve balance to decrease the likelihood of a fall occurring. Instructed by a staff member from the Fall Prevention Program at LeMoyne College's Center for Aging Resources and Enrichment. The program is offered free of charge through a grant with Onondaga County Office of Aging.

**Wednesday mornings:
January 13 – February 24
10:45 a.m. – 11:45 a.m.**



FREE – there is no charge to participate but space is limited so registration is required. Please call the office at (315) 672-5820.

MORE FITNESS PROGRAMS

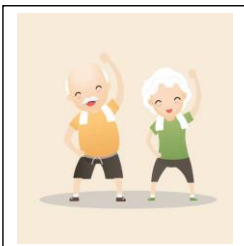
SENIOR DANCERCISE

Tuesday mornings: 9:00 – 9:45 a.m.

Oct. 20 – Dec. 8

(not 10/27 & 11/3)

Fee: \$25



LINE DANCING FOR BEGINNERS

Tuesday mornings: 10:00 – 10:45 a.m.

Oct. 20 – Dec. 8 (not 10/27 & 11/3) Fee: \$25



Dancercise & Line Dancing will not be held this winter; to return in Spring 2027.

NEW!

ZUMBA

Join Licensed Zumba Instructor Tammy Panzeroni for some exercise in disguise! Zumba is a dynamic dance-based fitness program that combines Latin and international music with energetic dance moves, designed to provide an effective aerobic workout in a fun and social environment. Modifications and Progressions will be provided to accommodate different levels of ability.

Mondays, Dec. 14 – Jan. 25 (not 1/18)

10:15 -11:00 a.m.

\$25 for 6 weeks

Register @ the Sr. Center Office

FOOD & NUTRITION / HEALTH

SOUR DOUGH BREAD MAKING

Monday, November 30th @ 12:45pm

Have you ever wanted to bake sourdough bread, cookies, muffins, rolls, crackers and/or more? This class is designed to teach you what sourdough is, how to create and maintain a sourdough starter and how to use sourdough in a variety of recipes. Taught by Senior Center Member, Glenn Fried, **registration is required by 11/27. No fee.** Freshly baked samples will be available. Bring an empty/ clean pint glass jar and the teacher will provide you with enough starter to bake your first recipe.



FOOD SENSE

This food buying co-op is available to anyone who wants to save money on their groceries. Monthly units of 12 staple grocery items cost only \$20.50. Rotating monthly specials can be purchased in addition to the basic unit. Orders may be placed at the senior center Mondays - Fridays 9:00 am - 3 pm. or on distribution days. (These orders must be paid with exact cash) Online orders may be placed at <https://foodsense.foodbankcny.org/>. You will be asked to enter your credit or debit card information.

Food pick up is on Wednesdays November 18 & December 16 from 2:30 p.m. – 4:00 p.m. Order deadlines are November 9 & December 7.

Anyone can participate in this program. **THERE ARE NO AGE OR INCOME REQUIREMENTS.** Stop by the center to pick up the monthly Food Sense flyer which lists the items to be included in the package as well as specials or visit our website at

www.camillusrecreation.com.



NUTRITION TALK:

Health Around the Holidays

Join Courtney Tadros (County Nutrition Service Coordinator) on **Wed., December 9th @ 12:45pm** as she speaks on finding easy ways to stay healthy around the holidays. Take a look at simple tips like recipe swaps and shopping on a budget. We will discuss the importance of good health practices, especially around the holidays.

DAILY LUNCHES

Lunches are served at
12:00 noon

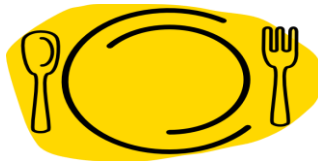
Monday – Friday

Seniors age 60+ and their spouses of any age are eligible. Suggested contribution is only **\$3.50**. Guests under 60 are \$7.00. Reservations are required by noon of the business day before you plan to attend. Call the office at (315) 672-5820.

Meal Cancellations

If you are unable to keep your lunch reservation, please call and cancel as soon as possible. We may be able to find someone else to take your place. **Our caterer (PEACE, Inc.) loses money for all meals that aren't accounted for. THE ACTUAL MEAL COST IS \$7.00.** We appreciate your donation if you do not show up for your reservation.

THANK YOU



PUNCH CARDS ARE AVAILABLE

Lunch Punch Cards may be purchased for \$35 for a total of 10 lunches. Stop into the office to purchase.



Checks made payable to "PEACE Inc."

EXTENDED TRIPS WITH COLLETTE

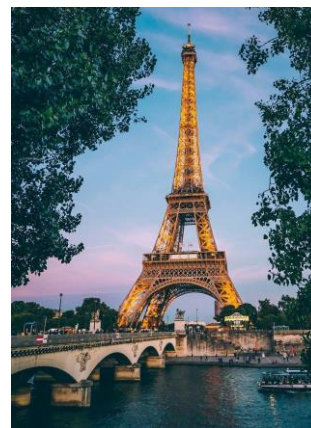
DISCOVER LONDON & PARIS

APRIL 17 - 25, 2027

From cosmopolitan London to romantic Paris, see the best of the world's most captivating cities. Highlights include a walking tour in London, a Traditional Pub Dinner, a flight on the iconic London Eye, riding the Eurostar Train, having an Eiffel Tower Dinner, attending a Perfume Workshop and visiting the Suresnes American Cemetery.

Double \$4999, Single \$6299 (if booked by 10/18/26)

Check out website, <https://gateway.gocollette.com/link/1381718>



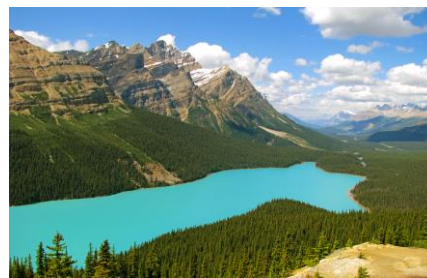
CANADIAN ROCKIES & GLACIER NATIONAL PARK August 8 - 14, 2027

Get ready for an adventure that brings together the expanse of the prairies, the majesty of the Canadian Rockies, & Montana's Glacier National Park.

Highlights: Head-Smashed-In Buffalo Jump, Waterton Lakes Park, Banff, Lake Louise, Calgary, Alberta. Check out <https://gateway.gocollette.com/link/1333876>

Double \$5199, Single \$6499 (if booked by 2/8/27)

A 2nd Informational Presentation will be offered: Date TBD



NOTICE: The updates to the Senior Center restrooms are complete. Grant funding allowed us to install new vanities and enhance accessibility to both bathrooms. Be sure to check out the improvements.



EXTENDED TRIPS WITH COLLETTE

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY NOVEMBER 2-8, 2027

Experience the “land of fire and ice” and chase the aurora borealis across an ethereal wonderland. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights.

Essential Experiences & Highlights:

Learn about Iceland’s volcanic nature, experience the energy at the geothermal fields of Geysir, explore the capital city of Reykjavík, enjoy the Northern Lights Cruise, visit a glacier, search for the Northern Lights, take a dip in the warm, mineral-rich waters of the geothermal pool and so much more.

Double \$4999, Single \$5799

(if booked by 5/3/27)

A 2nd Informational Presentation will be offered:

Date TBD

Check out the website at

<https://gateway.gocollette.com/link/1449338>



MAGICAL RHINE & MOSELLE RIVERS CRUISE MAY 9-17, 2028

Glide along the enchanting Rhine and Moselle Rivers on a leisurely journey to the Netherlands, Germany, and France. Cruise past charming panoramas as you get to know the culture and deep history of the region.

Essential Experiences & Highlights:

Discover lovely Strasbourg, France on a guided tour and cruise its canals, cruise 7-nights along the Rhine and Moselle Rivers, experience Speyer, one of Germany’s oldest cities, glide Along the canal system in Amsterdam, Netherlands, enjoy a guided tour set against the Stunning backdrop of the Black Forest.



Lower Outside Double \$5299, Stateroom Double \$5999, Deluxe Stateroom Double \$6999, Suite Double \$9299

(if booked by 5/10/27)

Singles are EXTREMELY limited

A 2nd Informational Presentation will be offered: Date TBD

Check out the website at

<https://gateway.gocollette.com/link/1448665>

ART and CRAFTS PROGRAMS

OPEN ART STUDIO

Bring your own materials & projects, continue working on the compositions you have in progress or draw from various still life items provided. Guidance provided by instructor, Christine Patsos.

Thursdays, Nov. 5th – Dec. 10th (not 11/26) 5 weeks: 1:00 – 3:00pm for \$30
Class will be held in upstairs classroom and is limited to 15 students.



DECEMBER CRAFT WORKSHOP



Wednesday, Dec. 2nd at 10 AM



Priced for the trio

**Call the Camillus Senior Center to register.
315 672-5820.**

Deadline is November 18th



HOLIDAY CARD MAKING CLASS

Wed., November 18 @ 10am

Put your personal touch on 2 holiday greeting cards. Cost is \$10.

The instructor will provide all needed supplies.

Register by November 12th

MORE PROGRAMS

COMPUTER HELP/DIGITAL LITERACY

Got questions regarding your electronic devices – laptops, tablets, smartphones, cellphones? A volunteer (previously from CNY Digital Literacy) can teach you how to operate your device, navigate the internet, use an email account, set up a patient portal, use software and so much more!

FREE OF CHARGE

Appointments are available

upon request. Email Steve at stewatson1@gmail.com or contact the senior center office.



Wii BOWLING

Join us for a fun morning of bowling! We will play at the Senior Center using the Wii interactive game system and TV.

No experience needed

Fridays @ 11am (not 12/ 11)

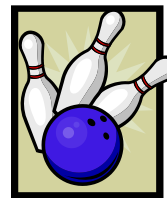
10:30 on 11/6 & 11/20

FREE – program will

be held in upstairs

classroom – there are 5 stairs

to climb or you may use the chair lift.



LEGAL ASSISTANCE

John Hubert, an attorney from Legal Aid Society, will be here to offer assistance, advice or referral in the following areas: Medicaid and Medicare denials and coverage disputes; Advanced directives such as wills, health care proxies, living wills, and powers of attorney; Legal problems concerning public benefits including social security, SSI, and veterans benefits; Consumer matters such as collections or debt issues; and housing related concerns such as landlord/tenant disputes.

Thursdays, Nov. 19 & Dec. 17

10:30 a.m. – 2:30 p.m.

Appointments are required and can be made by calling (315) 672-5820.



BOOK CLUB

Third Tuesday of each month at 10:45 a.m.

November 17 – The First American: The Life and Times of Benjamin Franklin by H.W. Brands

December 15 – The 13th Gift: A True Story of a Christmas Miracle by Joanne Huist Smith

January 19 – Judge Stone by Viola Davis and James Patterson

February 16 – The First Time I Saw Him by Laura Dave

ALL ARE WELCOME



MOVIE MATINEE

Join us on the first Wednesday of each month at 1pm for movie viewing, popcorn and fun! **FREE** but donations appreciated

Wednesdays at 1:00 p.m.

November 4th

December 2nd

Check back the Friday before Movie Day to see what's playing!



CORNHOLE

Friday afternoons

(except on party days or when center closes early)

1:00 p.m. (1:30 on 11/6)

FREE

This is a fun and exciting game to play for seniors of all ages and ability levels. No experience needed. All equipment will be provided.



PROGRAM REGISTRATION

When registering for a program that requires payment, please complete a Registration Form and submit payment. We accept cash, checks and credit cards.

PLEASE SUBMIT A CHECK FOR EACH PROGRAM FOR WHICH YOU ARE REGISTERING.

CREDIT CARD PAYMENTS are accepted, however, each transaction is assessed a charge.

REFUND POLICY

- All requests must come directly to the Center Office
- No refunds after a program has started
- Any expenses incurred on behalf of the participant will not be refunded.
- Refunds are non-transferable.
- Cancellations received on the day of the trip/program or a "no show" will not be refunded.
- Refunds may take up to 4 weeks to process.

YELLOW PARTICIPATION CARDS

Please be sure we have a yellow participant registration form on file for you. This form helps us to identify who is using our facility and also lists emergency contact information should something happen while you are at the center.



CREDIT CARD PAYMENT NOTICE:

The Senior Center is part of the Parks & Recreation Department for the Town of Camillus. When registering for programs at the Senior Center and paying with a credit card, please note that your bank transaction will list "Town of Camillus Parks, Camillus Parks & Recreation, or 1 Shove Park" in its description. It does not come up as a charge to the Camillus Senior Center.

*****CUT HERE*****

CAMILLUS SENIOR CENTER PROGRAM REGISTRATION FORM



Name _____ Home Phone _____ Mobile _____

Address _____ Zip _____

EMAIL ADDRESS _____

Emergency Contact _____ Phone _____

PROGRAM NAME _____ SESSION DATE/TIME _____

RELEASE: I hereby release the Town of Camillus and any of its staff or instructors from any responsibility or liability in connection with this activity. I give permission to a licensed physician or other hospital staff members to carry out emergency medical care deemed necessary to me when normal permission is unavailable. I certify that I am in good physical health and have no limitations other than those I have listed below which may predispose me to risk during this program.

For Office Use:
Payment ID#

Participants should consult with physician before starting an exercise program

Signature _____

Date _____

Mail with check payable to Camillus Senior Center (unless driving class make payable AAA)
to: Camillus Senior Center, 27 First Street, Camillus, NY 13031

CAMILLUS SENIOR CENTER **NOVEMBER** CALENDAR OF EVENTS (315) 672-5820

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chair Yoga 9:30 PEACE Lunch 12noon Super Bingo 1:00	3 CENTER CLOSED ELECTION DAY 	4 Power Hr 9:30 PEACE Lunch 12noon Movie Matinee 1 p.m.	5 SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1:00	6 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 10:30 <i>Veterans Recognition & PEACE Lunch 11:30</i> Hand & Foot Cards 12:45 Cornhole 1:30
9 Chair Yoga 9:30 Anti-Inflammatory Solution Video (Episode 1) 10:45am Food Sense Deadline 11 am PEACE Lunch 12noon BUNKO 1-3 pm	10 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11 <i>Interfaith Works Screenings 11:45</i> PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	11 CENTER CLOSED VETERANS DAY 	12 SS&B 9:30 PEACE Lunch 12 noon Medicare Counseling 11:30 - 1:30 Bridge 12:30 Open Art 1:00	13 Power Hr 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
16 LAST Chair Yoga 9:30 Anti-Inflammatory Solution Video (Episode 2) 10:45am PEACE Lunch 12noon <i>Hearing Health Talk & Screenings 12:45 - 2:45pm</i>	17 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Book Club 10:45 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	18 Power Hr 9:30 Card Making 10am PEACE Lunch 12noon Trivia 12:30 Food Sense Pick Up 2:30-4:00	19 SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1:00	20 No Power Hour Wii Bowling 10:30 <i>11:30 Thanksgiving Luncheon & Live Entertainment by Marty Dorschel</i>
23 NEW Chair Yoga 9:30 Anti-Inflammatory Solution Video (Episode 3) 10:45am PEACE Lunch 12noon BUNKO 1-3 pm	24 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	25 Power Hr 9:30 PEACE Brunch 10:30 Center Closes @ Noon	26 	
30 Chair Yoga 9:30 Anti-Inflammatory Solution Video (Episode 4) 10:45am PEACE Lunch 12noon <i>Sour Dough Bread Baking w/Glen 12:45pm</i>				

CAMILLUS SENIOR CENTER **DECEMBER** CALENDAR OF EVENTS (315) 672-5820

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Dancercise 9:00 SS&B 9:30 Line Dancing 10:00 Cardio Drumming 11 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	2 Power Hr 9:30 Craft Workshop 10:00 PEACE Lunch 12noon Movie Matinee 1 p.m. 	3 Turning Stone Bus Trip 9:30 LAST SS&B 9:30 PEACE Lunch 12 noon Bridge 12:30 Open Art 1:00	4 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 Medicare Counseling 11:30 - 1:30 PEACE Lunch 12 noon Hand & Foot Cards 12:30 Cornhole 1:00
7 Chair Yoga 9:30 Anti-Inflammatory Solution Video (Episode 5) 10:45am Food Sense Deadline 11am PEACE Lunch 12noon Super Bingo 1:00	8 Last Dancercise 9:00 NO SS&B Last Line Dancing 10:00 LAST Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	9 LAST Power Hr PEACE Lunch 12noon Nutrition Talk 12:45 	10 NO SS&B PEACE Lunch 12 noon Bridge 12:30 LAST Open Art 1:00	11 NO Power Hour Holiday Party 11:30 w/Performance by Tom Gilbo
14 Chair Yoga 9:30 NEW Zumba 10:15 Anti-Inflammatory Solution Video (Episode 6) 10:45am PEACE Lunch 12noon BUNKO 1-3 pm	15 NEW SS&B 9:30 Book Club 10:45 NEW Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	16 NEW Power Hr 9:30 PEACE Lunch 12noon Trivia 12:30 Food Sense Pick Up 2:30-4	17 SS&B 9:30 Legal Aid 10:30-2:30 PEACE Lunch 12 noon Bridge 12:30	18 Power Hour 9:30 Mah Jongg 9:30 Wii Bowling 11:00 PEACE Lunch 12noon Hand & Foot Cards 12:30 Cornhole 1:00
21 Chair Yoga 9:30 Zumba 10:15 Holiday Music Performance 11:30 PEACE Lunch 12noon	22 SS&B 9:30 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	23 Power Hr 9:30 PEACE Lunch 12noon	24 CENTER CLOSED 	25 CENTER CLOSED
28 LAST Chair Yoga 9:30 Zumba 10:15 PEACE Lunch 12noon BUNKO 1-3 pm	29 SS&B 9:30 Cardio Drum 11:00 PEACE Lunch 12noon Mex Train 12:45/Pitch 12:45	30 Power Hr 9:30 PEACE Lunch 12noon Rep from Self Direct Speaks 12:45	31 SS&B 9:30 PEACE Lunch 12 noon CENTER CLOSSES AT 1:00 PM	