

# December 2020

Key: **V** = Virtual Zoom

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<b>30</b>	<b>1</b> <b>V</b>   Personal Fitness Training • 9:00 am <b>V</b>   Meditation • 10:00 am <b>V</b>   Project 0 Challenge Weigh-in • 10:00 am <b>V</b>   Your Kidneys & You • 1:00 pm <b>V</b>   Project 0 Challenge Weigh-in • 1:30 pm <b>V</b>   Artist Trading Cards • 3:00 pm	<b>2</b> <b>V</b>   Balance & Easy Movement • 10:00 am <b>V</b>   Project 0 Challenge Weigh-in • 10:00 am <b>V</b>   Art In Action Series #3 • 11:00 am <b>V</b>   Diabetes Awareness Month • 1:00 pm <b>V</b>   Collage Intensives • 2:00 pm	<b>3</b> <b>V</b>   Painting with Chris • 10:00 am <b>V</b>   Project 0 Challenge Weigh-in • 10:00 am <b>V</b>   CreativeMomentum • 10:00 am <b>V</b>   QiGong • 11:30 am <b>V</b>   Personal Fitness Training • 1:00 pm <b>V</b>   Painting with Chris • 1:30 pm <b>V</b>   Bmore Fit • 3:00 pm	<b>4</b> <b>V</b>   Holiday Strong • 10:00 am   Puppets with Vy • 10:00 am <b>V</b>   Beginner Line Dancing • 12:30 pm <b>V</b>   Puppets with Vy • 1:30 pm <b>V</b>   Project 0 Challenge Weigh-in • 1:30 pm	<b>5</b>
<b>7</b> <b>V</b>   Chair Yoga • 11:00 am <b>V</b>   Care Partner Conversations • 11:30 am <b>V</b>   Core On The Floor • 12:00 pm <b>V</b>   Sun Style Tai Chi • 1:00 pm	<b>8</b> <b>V</b>   Personal Fitness Training • 9:00 am <b>V</b>   Meditation • 10:00 am <b>V</b>   Brain Blast Challenge • 1:00 pm <b>V</b>   Artist Trading Cards • 3:00 pm	<b>9</b> <b>V</b>   Art In Action Series #3 • 11:00 am <b>V</b>   Diabetes Awareness Month • 1:00 pm <b>V</b>   Collage Intensives • 2:00 pm	<b>10</b> <b>Happy Hanukkah</b> <b>V</b>   Painting with Chris • 10:00 am <b>V</b>   CreativeMomentum • 10:00 am <b>V</b>   QiGong • 11:30 am <b>V</b>   Personal Fitness Training • 1:00 pm <b>V</b>   Painting with Chris • 1:30 pm <b>V</b>   Bmore Fit • 3:00 pm	<b>11</b> <b>Happy Hanukkah</b> <b>V</b>   Holiday Strong • 10:00 am <b>V</b>   Puppets with Vy • 10:00 am <b>V</b>   Beginner Line Dancing • 12:30 pm <b>V</b>   Puppets with Vy • 1:30 pm	<b>12</b> <b>Happy Hanukkah</b>
<b>14</b> <b>Happy Hanukkah</b> <b>Spirit Week</b> • Wear Holiday Socks <b>V</b>   Chair Yoga • 11:00 am <b>V</b>   Care Partner Conversations • 11:30 am <b>V</b>   Core On The Floor • 12:00 pm <b>V</b>   Sun Style Tai Chi • 1:00 pm	<b>15</b> <b>Happy Hanukkah</b> <b>Spirit Week</b> • Wear Holiday Scarf/Tie/Headwear <b>V</b>   Personal Fitness Training • 9:00 am <b>V</b>   Meditation • 10:00 am <b>V</b>   Holiday Decorations • 10:00 am <b>V</b>   Service Coordination • 2:00 pm	<b>16</b> <b>Happy Hanukkah</b> <b>Spirit Week</b> • Elf Day-Wear Red & Green <b>V</b>   Balance & Easy Movement • 10:00 am <b>V</b>   In The Kitchen with the Dietician • 11:00 am <b>V</b>   Collage Intensives • 2:00 pm	<b>17</b> <b>Happy Hanukkah</b> <b>Spirit Week</b> • Under The Tree-Dress Like A Gift <b>V</b>   Painting with Chris • 10:00 am <b>V</b>   CreativeMomentum • 10:00 am <b>V</b>   QiGong • 11:30 am <b>V</b>   Personal Fitness Training • 1:00 pm <b>V</b>   Painting with Chris • 1:30 pm <b>V</b>   Bmore Fit • 3:00 pm <b>V</b>   Holiday Classics Concert • 4:30 pm	<b>18</b> <b>Happy Hanukkah</b> <b>Spirit Week</b> • Wear An Ugly Holiday Sweater <b>V</b>   Holiday Strong • 10:00 am <b>V</b>   Puppets with Vy • 10:00 am <b>V</b>   Beginner Line Dancing • 12:30 pm <b>V</b>   Puppets with Vy • 1:30 pm	<b>19</b>
<b>21</b> <b>V</b>   Care Partner Conversations • 11:30 am <b>V</b>   Core On The Floor • 12:00 pm <b>V</b>   Sun Style Tai Chi • 1:00 pm <b>LIVE</b> Holiday Parade • 3:00 pm	<b>22</b> <b>V</b>   Personal Fitness Training • 9:00 am <b>V</b>   Brain Blast Challenge • 11:00 am <b>V</b>   Virtual Holiday Caroling • 1:00 pm	<b>23</b> <b>V</b>   Balance & Easy Movement • 10:00 am <b>V</b>   Jingle Jam • 1:00 pm	<b>24</b> <b>V</b>   QiGong • 11:30 am <b>V</b>   Personal Fitness Training • 1:00 pm <b>V</b>   Merry Muscles Workout • 1:00 pm	<b>25</b> 	<b>26</b>
<b>28</b> <b>V</b>   Care Partner Conversations • 11:30 am <b>V</b>   Movies In The Afternoon • 2:00 pm	<b>29</b> <b>V</b>   Personal Fitness Training • 9:00 am <b>V</b>   Create Your 2021 Vision • 1:00 pm	<b>30</b> <b>V</b>   Balance & Easy Movement • 10:00 am	<b>31</b> <b>V</b>   QiGong • 11:30 am <b>V</b>   Personal Fitness Training • 1:00 pm <b>V</b>   Ringing in 2021 • 1:30 pm	<b>1</b>	<b>2</b>