

SUN MON TUE WED THU FRI SAT



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2	3 9:45 Elder Tai Chi	4 8:45 Exercise w/Gail 9:45 Coffee 10:30 Line Dancing 1:30 Bridge Play (Intermediate)	5 8:45 Open Pickleball 12:00 Potluck Luncheon - Holiday Traditions 12:30 Blood Pressure Check 3:00 Tai Ji Quan (Balance Day Session)	6 8:30 Let Your Yoga Dance 8:45 Exercise with Gail 9:45 Coffee 3:30 Gentle Qi Gong	7 10:00 Open Pickleball	8
9	10 9:45 Elder Tai Chi 1:00 VISION SUPPORT GROUP 1:00 FOOT CLINIC 3:00 Tai Ji Quan	11 8:45 Exercise w/Gail 9:45 Coffee 10:30 Line Dancing 1:30 Bridge Play (Intermediate)	12 8:45 Open Pickleball 11:30 Willy's Breaking Bread 12:15 Crafty Characters 2:30 No-Sew Community Project 3:00 Tai Ji Quan	13 8:30 Let Your Yoga Dance 8:45 Exercise with Gail 9:45 Coffee 10:30 Health & Wellness Lecture Series (<i>Hoarding Disorders - Is it Clutter, Collections or Concerning?</i>) 3:30 Gentle Qi Gong	14 10:00 Open Pickleball 11:30 Lunch Bunch (@ Jesse's Restaurant)	15
16	17 9:45 Elder Tai Chi 12:00 FOOT CLINIC 2:00 "PASS THE PRESENT" Holiday Gift Exchange 3:00 Holiday Piano Concert 3:00 Tai Ji Quan	18 8:45 Exercise w/Gail 9:45 Coffee 9:30 FREE HOLIDAY GIFT WRAPPING EVENT 10:30 Line Dancing 1:30 Bridge Play (Intermediate)	19 8:45 Open Pickleball 12:00 Birthday Luncheon 12:30 Blood Pressure Check 3:00 Tai Ji Quan	20 8:30 Let Your Yoga Dance 8:45 Exercise with Gail 9:45 Coffee 3:30 Gentle Qi Gong	21 10:00 Open Pickleball	22
23	24 RWB COMMUNITY CENTER CLOSED 3:00 Tai Ji Quan	25 RWB COMMUNITY CENTER CLOSED	26 8:45 Open Pickleball 3:00 Tai Ji Quan	27 8:45 Exercise with Gail 9:45 Coffee	28 10:00 Open Pickleball	29
30	31 9:45 Elder Tai Chi 3:00 Tai Ji Quan			December 2018		