



EAST GREENWICH SENIOR SERVICES NEWSLETTER

Volume 16 • No. 12

December 2021

**THE SENIOR CENTER
PROVIDES SERVICES
FOR SENIORS 55+
AND ADULTS WITH DISABILITIES**

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**If you would like to register
for lunch, please call
Judy @ 886-8669 Ext. 2**

Funding for programs and services
is provided by the
Town of East Greenwich.

**All programs and services
are located at the
Swift Community Center
121 Peirce Street
401-886-8669**

Check out the Community Services
& Parks Facebook page!
[https://www.facebook.com/
EGCommunityServices/](https://www.facebook.com/EGCommunityServices/)

From the Senior Services Manager:

I hope you can join us this month for lunch and a program. We will be offering new programs in the winter of 2022: Yang Style Tai Chi in January, Mah Jongg lessons in February and Charcuterie 101 in March. Details for all of these programs are listed in the newsletter. The Senior Services staff wishes you safe and Happy Holidays! - *Erin*

Masks are required for all indoor programs and activities. This policy may be updated in the future based on guidelines provided by Town leadership. Please check with us frequently for updated information.

Holiday Prepared Meals • We are accepting registrations for prepared meals for East Greenwich residents ages 55 and older who will be home alone for the December holidays. The meals will be delivered to residents or can be picked-up at Swift. The December meal will be delivered on Wednesday, December 22, 2021 (delivery time frame to be determined). The deadline to order a meal is Friday, December 10, 2021. To order, please call Judy at 886-8669, ext. 2.

December Holiday Luncheon Thursday, December 16, 2021 at noon • Tickets will be on sale through Tuesday, December 7, 2021 or until sold out. Tickets are a suggested \$3.00 donation and can be purchased from Judy, our Meal Site Coordinator. Musical entertainment will be provided by Robert Black from 12:30 p.m. - 1:30 p.m.

Caregivers Support Group • Third Friday of every month, December 17, 2021 on Zoom from 10:00 a.m. - 11:00 a.m. Contact Deb Burton at 401-585-0509 or deb@rielderinfo.com for more information or to register.

Mah Jongg Lessons • Local instructor Carol Desforges will be teaching beginners how to play the American version of Mah Jongg. Carol is renowned for running statewide tournaments and has served as a consultant for authors of several Mah Jongg books. There will be eight, two-hour classes and the goal is to learn how to be a confident and strategic Mah Jongg player. Classes will be offered on Tuesdays from February 1 - March 22, 2022 from 1:00 p.m. - 3:00 p.m. Pre-registration is required. Cost: \$30 per person, must be paid by Friday, January 14, 2022. Space is limited. Please see Roberta or call 886-8669, ext. 1 to register. Minimum # of participants: 4. Maximum # of participants: 8.

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Newsletter Email List • If you would like to receive the monthly newsletter by email, please email rdowding@eastgreenwichri.com to have your email added to our distribution list.

SPECIAL PROGRAM

Charcuterie 101 •

Tuesday, March 8, 2022 at 2:00 p.m.

Cost: \$45 per board (up to 2 people)



No matter how you say it, Charcuterie Boards are the latest craze in edible entertainment. Taught by the staff of Graze on Main you will learn how to create your own Charcuterie Board at home. Cost includes all the items for making a board for 2-4 people as an appetizer or 2 people for a meal. Grab a friend or your spouse and come to Swift to make your own Charcuterie Board! Participants must bring a small knife and board/platter. **Pre-registration is required. Payment due by Friday, February 18, 2022.** Please call Roberta at 886-8669, ext. 1 to register. Minimum # of boards: 6.

SENIOR INFORMATION

Medicare Open Enrollment •

Open enrollment is offered through Tuesday, December 7, 2021. This is the time to review your current plan and compare it to new plans for 2022. It is important to read any notices you may receive about any changes to your medical coverage for the coming year. Based on this information, you can decide if your coverage will continue to meet your needs or if you should change your coverage. If you have access to a computer, you may review new plans at the "Find Health and Drug Plans" at www.medicare.gov. **If you would like to speak to a SHIP counselor (State Health Insurance Assistance Program), please call the POINT at 462-4444. When you call, please have the following information available: Medicare card, current prescription drug coverage, prescription drugs, dosages and quantities, preferred pharmacies and your zip code. Please note that SHIP counseling appointments are limited.**

Blood Pressure Checks •

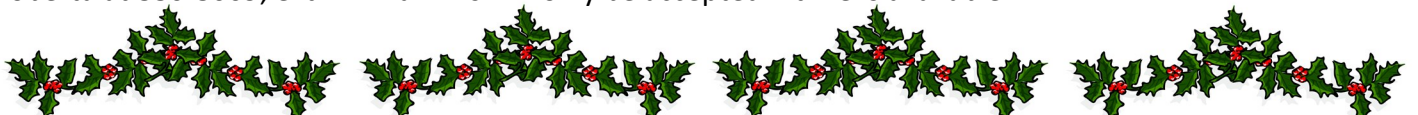
A nurse from The Seasons will offer blood pressure checks on Friday, December 10, 2021 from 12:30 p.m. - 1:30 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services will offer blood pressure checks on Tuesday, December 21, 2021 from 12:30 p.m. - 2:00 p.m.

No need to register for blood pressure checks, just come on these dates and put your name on the list.

Low Income Home Energy Assistance Program (LIHEAP) •

A LIHEAP Community Coordinator will be at Swift on Thursdays, December 9th and 16th for one-on-one appointments between 9:00 a.m. and 12:00 p.m. to complete applications and register individuals for the LIHEAP program. Reservations for December 9th and 16th are required and must be made by contacting Roberta at 886-8669, ext. 1. Walk-ins will only be accepted if time is available.



TRANSPORTATION

TO REGISTER FOR TRANSPORTATION OR FOR MORE INFORMATION,
PLEASE CONTACT ROBERTA DOWDING AT 886-8669 ext. 1.

Transportation Information: Forms, Reservations and Bus Passes •

The Senior Services bus is accessible to East Greenwich residents ages 55 and over and residents with disabilities. The bus lift will accommodate persons using wheelchairs, walkers, crutches, canes, braces, etc. or who otherwise have difficulty using steps. The bus will pick-up and drop-off East Greenwich residents at their homes. Passengers are required to have a completed application form on file. **Please contact Roberta Dowding at 886-8669, ext. 1 for an application or to make a reservation. Reservations require at least 48 business hours advance notice.** Bus fees are \$10.00 for a monthly bus pass or \$2.00 per trip. The monthly bus pass does not include special trips advertised on page six.

DECEMBER 2021 TRANSPORTATION SCHEDULE

Schedule is subject to change.

Doctor & Dentist appointments in East Greenwich only

Morning and afternoon transportation is available on the following dates:

Tuesday, December 7, 2021
Monday, December 13, 2021
Monday, December 20, 2021
Thursday, December 30, 2021

Grocery Shopping

• Stop & Shop on Frenchtown Road

Wednesdays, December 1, 8, 15, 22 & 29, 2021. Pick-up begins at 1:30 p.m.

• Dave's Marketplace in East Greenwich

Thursdays, December 2 & 9, 2021. Pick-up begins at 1:30 p.m.
Wednesday, December 29, 2021. Pick-up begins at 9:00 a.m.

• Dave's Marketplace in North Kingstown

Tuesday, December 21, 2021. Pick-up begins at 1:30 p.m.

Lunch at Swift

Transportation is available to and from Swift for the noon lunch program Monday - Friday. Lunch transportation is not available on Thursday, December 23rd, Tuesday, December 28th and Friday, December 31st.

Programs at Swift

Transportation is available to and from Swift for programs such as the Philosophy Club and Stretch & Tone. For more information about the monthly schedule or to reserve a ride, please call Roberta at 886-8669, ext. 1.

Retail Shopping

Friday, December 3, 2021: Christmas Tree Shop in Warwick. Pick-up begins at 1:15 p.m.
Friday, December 10, 2021: Walmart in North Kingstown. Pick-up begins at 1:30 p.m.
Friday, December 17, 2021: Rhode Island Mall & Warwick Mall. Pick-up begins at 1:00 p.m.

EXERCISE PROGRAMS

Goddard Park Walk and Talk 55+ •

Mondays at 8:30 a.m., weather dependent

Location: Parking lot behind the Goddard Park check-in station.

This drop-in group is for anyone 55+ interested in making new friends, beautiful scenery and getting more exercise. Goddard Park offers a safe place for walking and the emphasis will be on healthy exercise and socialization, so anyone looking to get outside and get in better shape is welcome to join. Be sure to wear good walking sneakers.

Indoor Walking Club •

Tuesdays from 3:00 p.m. - 4:00 p.m.

Wednesdays from 3:00 p.m. - 4:00 p.m. (No 12/15)

Fridays from 2:00 p.m. - 3:00 p.m.

(No 12/3, 12/24 & 12/31)

Location: Gym

Make every step count! Did you know that if you do one lap around our gym, it is approximately 100 steps and that there are 2,500 steps in a mile? Drop by and use the gym to walk (at your own pace) during these upcoming cold months.

Sit to be Fit • Mondays from 1:15 p.m. - 2:15 p.m.

Location: Dining Room **Instructor:** Susanna Bodell

Cost: \$2.00 Residents / \$3.00 Non-residents

With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

Yoga • Tuesdays from 8:45 a.m. - 9:45 a.m.

Location: Gym **Instructor:** Linda Morse

Cost: \$2.00 Residents / \$3.00 Non-residents

The basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. All levels are welcome. Participants must supply their own mat.

Stretch and Tone •

Tuesdays from 10:00 a.m. - 10:45 a.m.

Wednesdays from 11:00 a.m. - 11:45 a.m.

Location: Gym **Instructor:** Daryl Brazo

Cost: \$2.00 Residents / \$3.00 Non-Residents

Exercises to help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.

Country Western Line Dancing •

Tuesdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Jackie Willisie

Cost: \$2.00 Residents / \$3.00 Non-residents

This class will keep you moving to country western songs. If you enjoy line dancing, you'll love this class!

Chair Yoga • Wednesdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Linda Morse

Cost: \$2.00 Residents / \$3.00 Non-residents

Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor. Learn ways to move as well as breathing techniques for your daily living.

Zumba • Thursdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Jackie Willisie

Cost: \$2.00 Residents / \$3.00 Non-residents

Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach you routines which incorporate interval training (alternating fast and slow rhythms) to improve cardiovascular fitness. (No class 12/2) **At Frenchtown Recreation Building 12/9 & 12/16.**

Yang Style Tai Chi • **NEW PROGRAM!**

Thursdays from 2:30 p.m. - 3:30 p.m.

January 6 - March 24, 2022 (10 classes)

Location: Gym **Instructor:** Jane Gemma

Cost: \$20.00 Residents / \$30.00 Non-residents

Pre-registration required, please call 886-8669, ext. 1.

Payment due by Thursday, December 30, 2021.

Yang Style Tai Chi's movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.

Min. # of participants: 10. Max. # of participants: 15

Circuit Fitness • Fridays from 11:00 a.m. - 11:45 a.m.

Location: Gym **Instructor:** Michelle Anderson

Cost: \$2.00 Residents / \$3.00 Non-residents

Low impact exercises mixed with upper body and lower body strength training. These exercises will help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance. (No class 12/24)

PROGRAMS

Computer Room • The room is open Monday through Friday from 8:30 a.m. - 4:30 p.m. for computer use and internet connections.

Cyber Seniors •

2022 winter schedule to be determined.

Location: Computer Room.

One-on-one tutoring with a URI student will resume in February 2022. Participants can register for private, one hour appointments, one day per week. Please call 886-8669 ext. 1 to add your name to the winter list.

Art Class • Wednesdays from 9:00 a.m. - 11:00 a.m.

Location: Dining Room **Instructor:** Jeannine Anderson

Cost: \$2.00 Residents / \$3.00 Non-residents

All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants must supply their own materials.

Philosophy Club • December Schedule:

Wednesdays, December 1, 15 & 29

from 9:00 a.m. - 10:30 a.m.

Location: Game Room **Instructor:** Bob Houghtaling

You are invited to come and enjoy an interesting, thought provoking, and entertaining exploration of a myriad of philosophical topics. Be prepared to meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group. The group will resume their regular schedule (2nd & 4th Wednesdays of the month) in January 2022.

T.O.P.S. (Take Off Pounds Sensibly) • Thursday weigh

ins from 9:00 a.m. - 10:00 a.m. in the dining room.

(No 12/16 & 12/23)

Meditation • Thursdays from 11:00 a.m. - 12:00 p.m.

Location: Library **Instructor:** Linda Morse

Cost: \$2.00 Residents / \$3.00 Non-Residents

Learn about the health and wellness benefits that can be gained from this age old practice. Wear comfortable clothing and feel free to bring a yoga mat or cushion. The practice can also be guided from a chair. **No classes on Thursdays, 12/9 & 12/16.**

Classes will be held on Wednesdays, 12/8 & 12/15.

ACTIVITIES

Bridge • Mondays from 8:30 a.m. - 11:00 a.m. in the game room. This entertaining card game combines strategy and skill to beat your opponents.

BINGO • Second and fourth Mondays. December 13th from 1:00 p.m. - 3:00 p.m. in the gym. A set of cards is \$3. A marker is \$1.50. (No 12/27)

Mah Jongg • Mondays from 1:00 p.m. - 3:00 p.m. and Thursdays from 9:00 a.m. - 12:00 p.m. in the game room. This tile-based game was developed in the 19th century in China. (No 12/9 & 12/16)

Scrabble • Tuesdays from 9:30 a.m. - 11:30 a.m. in the game room. Come and join fellow "wordsmiths!" (No 12/21)

Hand & Foot • Wednesdays from 1:00 p.m. - 3:00 p.m. in the game room. This rummy type card game is a variation of canasta.

Hi Lo Jack • Wednesdays from 1:15 p.m. - 3:15 p.m. in the dining room. Participants must have experience playing by league tournament rules. **Cost:** \$1:00 per week. (No 12/15)

Knitting • Fridays from 9:00 a.m. - 11:00 a.m. in the dining room. Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function and improved health through social contact. All skill levels are welcome. (No 12/17, 12/24 & 12/31)

Quilting • Second Friday of the month, December 10th, from 1:15 p.m. - 3:15 p.m. in the dining room. Share your passion for fabric, sewing, and color.

Cribbage • Fridays from 9:30 a.m. - 11:30 a.m. in the game room. This card game that descended from England is fun and challenging! (No 12/24)

Canasta • Fridays from 12:00 p.m. - 3:00 p.m. in the game room. This card game resembles rummy, but uses two decks. Players must have a basic knowledge of the game. (No 12/24 & 12/31)

TRIPS

TRIP RESERVATIONS ARE REQUIRED AND SEATING IS LIMITED.

TO REGISTER OR FOR MORE INFORMATION, CONTACT ROBERTA DOWDING AT 886-8669 ext. 1.

Clouds Hill Museum at Christmas: Monday, December 6, 2021 • [FULL]

Cost: \$13 for bus and tour.

Step back in time and experience a Victorian Christmas. Our guided tour will narrate the history of the private home that has remained in the same family since it was built in 1877. The first floor is handicap accessible, the second floor is not. Video is available for second floor tour - please indicate when making reservation if you want to watch the video versus taking an in-person tour. (*Considerable walking and stairs*)

Departs: Swift 10:15 a.m. / Returns: approximately 2:00 p.m.

Holiday Cabaret Spectacular: Tuesday, December 14, 2021 • [FULL]

Cost: \$58 for bus, buffet lunch, and cabaret.

As they say "The show must go on." While not the show the Newport Playhouse had planned for the 2021 holiday season because of water damage sustained to the theatre in August, this afternoon's performance will be located at the Wyndham Hotel ballroom in Newport. The lunch buffet will be freshly prepared by Johnny's Restaurant. You can expect a delicious meal and a fun filled afternoon with entertainment and laughter, the "Newport Playhouse Way." (*Moderate walking*)

Departs: Swift 10:15 a.m. / Returns: approximately 5:30 p.m.

Minimum # of participants: 10. Maximum # of participants: 12.

January Blues Buster: Friday, January 14, 2022 •

Cost: \$25.00 for bus and lunch.

Break those winter blues and get out of the house. Join us for lunch at the Greenwood Inn. Lunch includes Chicken Soup, the choice of 1 of 4 Entrees (meal choices provided at time of trip reservation), Rolls, Coffee or Tea and Ice Cream with Chocolate Sauce. Tax and gratuity included in trip price. (*Minimal walking*)

Departs: Swift 11:30 a.m. / Returns: approximately 2:00 p.m. Reservation required. Payment due by Thursday, January 6, 2022. Minimum # of participants: 10. Maximum # of participants: 20.

Providence Public Library: Friday, January 28, 2022 •

Cost: \$4.00 for bus and lunch on own at Chelo's in Providence

Visit and learn about this Venetian Renaissance building, a prime example of turn-of-the century American Architecture which opened in 1900. Upon entering the building one is ever aware of the unique spaces and spirit in this architectural gem. In addition to being a beautiful building, the library is also home of several special collections, including the RI Collection - sure to peek the interest of all. (*Considerable walking*)

Departs: Swift 10:15 a.m. / Returns: approximately 2:30 p.m. Reservation required. Payment due by Friday, January 14, 2022. Minimum # of participants: 10. Maximum # of participants: 12.

Biomes Marine Biology Center: Friday, February 11, 2022 •

Cost: \$13 plus lunch on own at the Waysider Grille in East Greenwich

Take a self-paced journey to dream of summertime and enjoy the wonderful sea creatures that live in the waters around us and in Narragansett Bay. Biomes Marine Biology Center is the only private marine education facility in New England, and it's right here in our own back yard. Lunch will be at The Waysider Grille at 11:00 a.m. After lunch we will journey to Biomes for a 1:00 p.m. visit. (*Moderate walking*)

Departs: Swift 10:45 a.m. / Returns: approximately 3:30 p.m. Reservation required. Payment due by Friday, January 21, 2022. Minimum # of participants: 10. Maximum # of participants: 20.

DECEMBER 2021 MENU

Suggested donation is \$3.00 per meal. Thank you for your donation!

**Funded in part by the United States Administration on Aging
and state funds by the Rhode Island Office of Healthy Aging.**

MENU SUBJECT TO CHANGE

Meals are served at the Swift Community Center, Monday - Friday at noon.



Meal site orders must be submitted by noon on Wednesday for the following week.

To place an order for lunch, please call Judy at 886-8669, ext. 2.

Our meals are created by Encore Catering in Warwick.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing your order.</u></p>	<p><u>SERVING SIZES:</u> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>	<p>1 Mushroom Barley Soup Meatball Grinder Roasted Zucchini & Carrots Multi Grain Roll Apple Slices (Egg Salad on Rye)</p>	<p>2 Vegetable Soup Stuffed Meatloaf Mashed Potatoes Green Beans & Roll Sliced Pears (Chicken Salad on Wheat Bread)</p>	<p>3 Kale & Bean Soup Baked Fish Brown Rice Pilaf Mixed Vegetables Cookie (Ham & Swiss on Wheat Roll)</p>
<p>6 Minestrone Soup Shepard's Pie Mashed Potatoes Whole Wheat Roll Cubed Melon (Chicken Sandwich on Wheat Roll)</p>	<p>7 Tomato Soup Baked Chicken Mixed Vegetables Sweet Potatoes Pudding (Ham Salad on Wheat Roll)</p>	<p>8 Split Pea Soup Steak & Potatoes with Garlic Sliced Carrots Multi Grain Roll Sliced Peaches (Turkey on Rye Bread)</p>	<p>9 Beef Lentil Soup Chicken Parmesan Cauliflower & Broccoli Roasted Potatoes Italian Bread Brownie (Seafood Salad on Rye)</p>	<p>10 Chicken Soup Sloppy Joe Cole Slaw Potato Wedges Multi Grain Roll Sugar Cookie (Egg Salad on Wheat)</p>
<p>13 Broccoli Soup Mixed Greens & Tomatoes Lasagna Roll-up Yellow Cake (Seafood Salad on Wheat Bread)</p>	<p>14 Navy Bean Soup Beef Tacos Whole Grain Tortilla Roasted Corn Salsa, Sour Cream, Lettuce, Tomato & Dessert (Tuna Salad on Rye)</p>	<p>15 Chicken Soup Swedish Meatballs Mashed Potatoes Mixed Vegetables Biscuit & Cookie (Salami & Cheese on Wheat Roll)</p>	<p>16 Holiday Luncheon Ticket Required Sweet Potato Bisque Stuffed Pork Loin Roasted Potatoes Peas, Carrots & Roll Holiday Dessert</p>	<p>17 Red Clam Chowder Baked Fish Rice Pilaf Broccoli Florets Fresh Fruit (Egg Salad on Wheat)</p>
<p>20 Chicken Noodle Soup Baked Ziti with Sausage, Meatballs & Cheese Broccoli & Garlic Bread Fresh Fruit (Ham & Cheese on Rye)</p>	<p>21 Tomato Soup Chicken Cacciatore Fingerling Potatoes Green Beans & Roll Pudding (Egg Salad on Wheat)</p>	<p>22 Vegetable Soup Tossed Salad Sausage & Pepper Sandwich on a Roll Sliced Apples (Chicken Salad on Wheat Bread)</p>	<p>23 Pasta & Bean Soup Chicken Cordon Bleu Brown Rice Pilaf Zucchini Brownie (Turkey & Provolone on Wheat Bread)</p>	<p>24 BRUNCH AT 10:45 AM Orange Juice Scrambled Eggs Home Fries Mini Bagel Fresh Fruit</p>
<p>27 CLOSED HAPPY HOLIDAYS!</p>	<p>28 Apple Juice Beef Stew Tossed Salad Wheat Roll Brownie (Salami & Cheese on Wheat Roll)</p>	<p>29 Lentil Soup Chicken Fajita with Peppers & Onions Brown Spanish Rice Fruit Salad (Tuna Salad on Wheat Roll)</p>	<p>30 Tomato Soup Salisbury Steak Mashed Potatoes Peas & Carrots Wheat Roll Coffee Cake (Seafood Salad on Rye)</p>	<p>31 BRUNCH AT 10:45 AM Orange Juice Cheese Omelet Home Fries Corn Bread Apple Slices</p>

EAST GREENWICH SENIOR SERVICES DECEMBER 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Program Locations: All programs are located at the Swift Community Center, unless otherwise noted.</p>	<p>Seasonal Program: Pickleball is offered on the Basketball Courts behind Swift from May - October.</p>	<p>1 9:00 Phil. Club 9:00 Art Class 11:00 Stretch & Tone 1:00 Chair Yoga 1:00 Hand & Foot 1:15 Hi Lo Jack 3:00 Walking Club</p>	<p>2 9:00 Mah Jongg 9:00 T.O.P.S 11:00 Meditation 12:00 Cyber Seniors</p>	<p>3 9:00 Knitting 9:30 Cribbage 11:00 Circuit Fitness 12:00 Canasta</p>
<p>6 8:30 Bridge 8:30 Walking at Goddard Park 1:15 Sit to be Fit 1:00 Mah Jongg</p>	<p>7 8:45 Yoga 9:30 Scrabble 10:00 Stretch & Tone 1:00 Line Dancing 1:00 Mah Jongg Lessons [FULL] 3:00 Walking Club</p>	<p>8 9:00 Art Class 11:00 Stretch & Tone 11:00 Meditation 1:00 Chair Yoga 1:00 Hand & Foot 1:15 Hi Lo Jack 3:00 Walking Club</p>	<p>9 9:00 T.O.P.S 9:00 LIHEAP Coordinator 1:00 Covid-19 Clinic Ages 5 –11 Only 1:00 Zumba at Frenchtown</p>	<p>10 9:00 Knitting 9:30 Cribbage 11:00 Circuit Fitness 12:00 Canasta 12:30 Blood Pressure 1:15 Quilting 2:00 Walking Club</p>
<p>13 8:30 Bridge 8:30 Walking at Goddard Park 1:15 Sit to be Fit 1:00 Bingo 1:00 Mah Jongg</p>	<p>14 8:45 Yoga 9:30 Scrabble 10:00 Stretch & Tone 1:00 Line Dancing 1:00 Mah Jongg Lessons [FULL] 3:00 Walking Club</p>	<p>15 9:00 Phil. Club 9:00 Art Class 11:00 Stretch & Tone 11:00 Meditation 1:00 Chair Yoga 1:00 Hand & Foot</p>	<p>16 9:00 LIHEAP Coordinator 12:00 Holiday Lunch 1:00 Zumba at Frenchtown</p>	<p>17 9:30 Cribbage 10:00 Caregivers Zoom Meeting 11:00 Circuit Fitness 12:00 Canasta 2:00 Walking Club</p>
<p>20 8:30 Bridge 8:30 Walking at Goddard Park 1:15 Sit to be Fit 1:00 Mah Jongg</p>	<p>21 8:45 Yoga 10:00 Stretch & Tone 12:30 Blood Pressure 1:00 Line Dancing 3:00 Walking Club</p>	<p>22 9:00 Art Class 11:00 Stretch & Tone 1:00 Chair Yoga 1:00 Hand & Foot 1:15 Hi Lo Jack 3:00 Walking Club</p>	<p>23 9:00 Mah Jongg 11:00 Meditation 1:00 Zumba</p>	<p>24 CLOSING AT NOON</p> <div style="text-align: center;">  </div>
<p>27 CLOSED HAPPY HOLIDAYS!</p>	<p>28 8:45 Yoga 9:30 Scrabble 10:00 Stretch & Tone 1:00 Line Dancing 1:00 Mah Jongg Lessons [FULL] 3:00 Walking Club</p>	<p>29 9:00 Phil. Club 9:00 Art Class 11:00 Stretch & Tone 1:00 Chair Yoga 1:00 Hand & Foot 1:15 Hi Lo Jack 3:00 Walking Club</p>	<p>30 9:00 Mah Jongg 9:00 T.O.P.S 11:00 Meditation 1:00 Zumba</p>	<p>31 9:30 Cribbage 11:00 Circuit Fitness CLOSING AT NOON HAPPY NEW YEAR!</p> <div style="text-align: center;">  </div>