



# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Happy Holidays From Larson Acres</i>		<b>1</b> <b>Low Vision Group</b> <b>10:30</b> Yoga                            9:30 Gentle Yoga                10:30 Lunch                            11:30 Strong Women              6:30  <b>Stamping Workshop</b> <b>6:00</b>	<b>2</b> Strong Women <b>8:30</b> Chair Exercise              10:30 Cards                            10:30 Lunch                            11:30  <b>Family Bingo Night</b> <b>6:30</b>	<b>3</b>  Irish Dance Classes 9:00am
<b>4</b>	<b>5</b> Ball & Band                8:30 Chair Exercises              10:30 <b>Stamping Card Group</b> <b>10:00</b> Cribbage                      10:30 Lunch                            11:30 Knitting                        1:00 Zumba                            6:00 Yoga                              5:15	<b>6</b> Strong Women <b>8:30</b> Yoga                              9:30 <b>Program Meeting</b> <b>9:00</b> Gentle Yoga                10:30 Lunch                            11:30 Bingo                            12:30 Strong Women <b>6:30</b>	<b>7</b> Ball & Band                8:30 Chair Exercises              10:30 Dominoes/Cards            10:30 Lunch                            11:30 Grocery Shopping         12:30 Beginning Quilting        1:00 Zumba                            6:00 Yoga                              7:00	<b>8</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Strong Women              6:30	<b>9</b> Strong Women <b>8:30</b> Chair Exercise              10:30 Cards                            10:30 <b>Holiday Party &amp; Luncheon</b> <b>11:00</b>	<b>10</b>  Irish Dance Classes 9:00am
<b>11</b>	<b>12</b> Ball & Band                8:30 Chair Exercises              10:30 Cribbage                      10:30 Lunch                            11:30 Knitting                        1:00 Zumba                            6:00 Yoga                              5:15	<b>13</b> Strong Women <b>8:30</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Bingo                            12:30 Strong Women <b>6:30</b>	<b>14</b> Ball & Band                8:30 Chair Exercises              10:30 Dominoes/Cards            10:30 Lunch                            11:30 Grocery Shopping         12:30 Beginning Quilting        1:00 Zumba                            6:00 Yoga                              7:00	<b>15</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Strong Women              6:30	<b>16</b> Strong Women <b>8:30</b> Chair Exercise              10:30 Cards                            10:30 Lunch                            11:30  <b>Parent's Night Off</b> <b>6:00</b>	<b>17</b>  <b>Caregivers Support Group</b> <b>9:30-11:00am</b>
<b>18</b>	<b>19</b> Ball & Band                8:30 Chair Exercises              10:30 Cribbage                      10:30 Lunch                            11:30 Knitting                        1:00 Zumba                            6:00 Yoga                              5:15	<b>20</b> Strong Women <b>8:30</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Bingo                            12:30  Strong Women <b>6:30</b>	<b>21</b> <b>Foot Clinic</b> <b>8:30-11:00</b> Ball & Band                8:30 Chair Exercises              10:30 Dominoes/Cards            10:30 Lunch                            11:30 Grocery Shopping         12:30 Zumba                            6:00 <b>Bunco Night</b> <b>6:30</b> Yoga                              7:00	<b>22</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Strong Women              6:30	<b>23</b> Strong Women <b>8:30</b> Chair Exercise              10:30 Cards                            10:30 Lunch                            11:30	<b>24</b>
	<b>Center Closed</b>	<b>27</b> Strong Women <b>8:30</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Bingo                            12:30 Strong Women <b>6:30</b>	<b>28</b> Ball & Band                8:30 Chair Exercises              10:30 Dominoes/Cards            10:30 Lunch                            11:30 Grocery Shopping         12:30 Zumba                            6:00 Yoga                              7:00	<b>29</b> Yoga                              9:30 Gentle Yoga                10:30 Lunch                            11:30 Strong Women              6:30	<b>30</b> Strong Women <b>8:30</b> Chair Exercise              10:30 Cards                            10:30 Lunch                            11:30	<b>31</b>  <b>New Year's Eve Party</b>

