



# DECEMBER 2022



## Activities Calendar

 Monday	 Tuesday	Wednesday	Thursday 	Friday 
		Strong for Life 10:30a	<b>1</b> Debris Pickup Day  No Yoga Tai Chi 11:15a	<b>2</b> Pool In the Pub 3:00p  Candle Light Dinner 6:00p 
<b>5</b> 	<b>6</b> 	<b>7</b> Strong for Life 10:30a	<b>8</b> Debris Pickup Day  Yoga 10:00a Tai Chi 11:15a	<b>9</b> No Pool in the Pub  Avalon Holiday Party 5:30p-7:30p
<b>12</b>	<b>13</b> Busy Hands 2:00p	<b>14</b> Strong for Life 10:30a Ladies Lunch 12:00p	<b>15</b> Debris Pickup Day  Yoga 10:00a Tai Chi 11:15a	<b>16</b> Pool In the Pub 3:00p
<b>19</b>	<b>20</b>	<b>21</b> Strong for Life 10:30a	<b>22</b> No Yoga Tai Chi 11:15a	<b>23</b> Pool In the Pub 3:00p 
<b>26</b> Closed in Observance of Christmas 	<b>27</b>	<b>28</b> Strong for Life 10:30a	<b>29</b> No Yoga No Tai Chi 	<b>30</b> Pool In the Pub 3:00p