

DECEMBER CALENDAR 2024



DAY	CLASS	TIME
MONDAY		
	Connections Café	11:15am
No class 12/16 and 12/30	Chair Yoga	12pm
	Chess Club	12pm
	Stamina, Strength & Stability	1:30pm
	Bible Study	2:30pm
TUESDAY		
	Gentle Yoga	10:15am
	Pinochle	12pm-4pm
	Mind-ergize	12pm
	Hand & Foot	1pm-4pm
	Line Dancing	1:30pm
WEDNESDAY		
	Stamina, Strength & Stability	9am
	Mind Matters	10am
	Monument Chat Group	10am-12pm
	Connections Café	11:15am
No class 12/26	Tai Chi Gong	11am
	Chair Yoga	12pm
	Hand & Foot	1pm-4pm
THURSDAY		
	Zumba Gold	9am
	Tai Chi Gong	11am
	Arts & Crafts	11am
	Rummikub	11am
	Connections Café	11:15am
	Mind-ergize	12pm
	Better Bones	1:30pm
	Zumba	5:30pm-6:30pm
FRIDAY		
	Total Body Strength	9am
	Yoga	10:30am
	National Mah Jongg	12:30pm-4pm
SAT & SUN		
	Zumba	9am SAT
	Pilates	12pm SUN

DECEMBER EVENTS

Advisory Committee Meeting
Monday, Dec. 2nd at 10:30am
Medicare 101
Tuesday, Dec. 3rd 10am-12pm
Health Fair
Tuesday, Dec. 3rd 9am-3pm
Open Paint
Wednesday, Dec. 4th at 9:30am
Tech Support 101
Friday, Dec. 6th at 12pm
Medicare 101
Tuesday, Dec. 11th 11am-1pm
Bunco
Friday, Dec. 13th 1pm
Bingo
Wednesday, Dec. 18th at 12pm
Individual Tech Support
Friday, Dec. 20th 12pm-1:30
*RSVP at front desk or with Erin

**Senior Center will be closed
December 24th, 25th, 31st
and January 1st.**

SENIOR CENTER HOURS: MON-FRI 9am-4pm
66 Jefferson St, Monument CO 80132

QUESTIONS? CALL (719) 464 - 6873
Check emails for schedule changes