

DECEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1 9:00 A.M. QI GONG 1:00 P.M. PITCH	2 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	3 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
6 9:00 A.M. YOGA 10:00 A.M. CHRISTMAS CARD CLASS 1:00 P.M. PITCH 7:00 P.M. TeamMates Christmas	7 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE FOOT CLINIC	8 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. KIND NEBRASKANS	9 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY 1:30-3:30 P.M. SNAP	10 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
13 9:00 A.M. YOGA 1:00 P.M. PITCH	14 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE	15 9:00 A.M. QI GONG 1:00 P.M. PITCH	16 BREAKFAST 9:30 A.M. BREAKFAST-BINGO 10:00 A.M. BODY BASIC 11:30 P.M. BLOOD PRESSURE 1:00 P.M. LIVERPOOL RUMMY	17 8:30 or 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 9:10 A.M. SEWARD HIGH JAZZ BAND 1:00 P.M. HAND & FOOT
20 9:00 A.M. YOGA 1:00 P.M. PITCH	21 10:00 A.M. BODY BASIC 1:00 P.M. CELEBRATING CHRISTMAS	22 CHRISTMAS MEAL 9:00 A.M. QI GONG 1:00 P.M. THE MUSIC BINGO GUY	23 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	24 CLOSED MERRY CHRISTMAS
27 9:00 A.M. YOGA 1:00 P.M. PITCH	28 10:00 A.M. BODY BASIC 1:00 P.M. PINOCHLE FOOT CLINIC	29 9:00 A.M. QI GONG 1:00 P.M. PITCH	30 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	31 CLOSED 7:00 P.M. CHUCK CRAIN