



## El Mirage Senior Center Activities – December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Breakfast 9:00 Holiday Decorating Party 9:00 No Nutrition Class 10:00 Pulling names for Gift Exchange 10:30 Video Exercise 11:00 Lunch	3 <b>The center will open at 8:30 today</b> 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club <b>11:00 Golden Corral Buffet for all participating members</b>	4 8:00 Breakfast 9:00 Support Group with Linda 9:00 Woodcarving with John 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch	5 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Beading 11:30 Card Game	6 8:00 Breakfast 8:30am Gardening 9:00 Exercise Videos 10:30 Lunch 11:00 Bingo <b>12:00 Marimba Performance Group Rosewood Rascals</b>
9 8:00 Breakfast 8:30 Gardening with Gloria 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Art with Beth 12:00 Table Games	10 8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:00 Lunch	11 8:00 Breakfast 9:00 Support Group with Linda 9:00 Sewing Club 9:00 Woodcarving with John <b>10:00 Diabetes Workshop Orientation</b> 12:00 Committee Meeting	12 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing <b>11:00 Gifts from Olive Branch(details to come)</b> 11:30 Card Games	13 8:00 Breakfast 8:30 Gardening 9:00 Bingo <b>10:15 Flu/Cold Presentation by Angels Care Home Health</b> 11:30 Exercise 12:00 Wii Bowling
16 8:00 Breakfast 8:30 Gardening with Gloria 9:00 No Nutrition class 10:00 Two Mile Walk 11:30 Art with Beth 12:00 Table Games	17 8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:00 Lunch <b>11:30 Center closed at 11:30 today</b>	18 8:00 Breakfast 9:00 Support Group with Linda 9:00 Sewing Club 9:00 Woodcarving with John 11:00 Lunch 11:30 Card Games	19 8:00 Breakfast 9:00 Special Bingo 10:00 Billy the Singer 11:15 Lunch 11:45 Gift Exchange <b>Holiday Party</b>	20 8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:00 Exercise 11:00 Lunch 11:30 Table Games
23 8:30 Gardening with Gloria 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Art with Beth 12:00 Commodities	24 Senior Center Closed	25 Senior Center Closed	26 Senior Center Closed	27 Senior Center Closed
30 Senior Center Closed	31 Senior Center Closed			<b>El Mirage Senior Center 14010 N. El Mirage Rd. El Mirage, AZ 85335 623-876-4232</b>  <b>Hours: 8:00am to 1:00pm</b>

