



DECEMBER 2019



Grace Martin Harwell Senior Center, Washington NC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30: Shuffleboard 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	2 8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 11:00: Int. Line Dancing 1:00: Mah Jongg 1:00 Ping Pong Table and Games 2:00 AHOY-Blind Center 5:45: Mat Yoga	3 10:30: Pamlico Senior Club	4 8:15: Aerobics 8:30: Pickleball 9:30: Chair Volleyball 11:00: AHOY-East Haven 10:00 -Helping Hands 12:00 DAV Assistance 1:00 Card Games	5 8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr	6	7
8 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	9 8:15: Aerobics 9:00: Grand Ideas Support Group 9:15: Painting 11:00: AHOY-Choco 11:00: Beg Line Dancing 1:00: Mah Jongg 1:00 Ping Pong Table and Games 2:00 AHOY-Blind Center 5:45: Mat Yoga	10 10:00: Quilters Guild 1:00: Golden Card Ladies 3:00 Brain Builders	11 8:15: Aerobics 8:30: Pickleball 9:00: Grand Ideas 11:00: AHOY-East Haven 1:00: Card Games 7:00: Senior Dance @ CC	12 8:30: Senior Games Practice 8:15: Yoga 9:00: Massages 9:30:Garden Club 9:30: Tai Chi 11:00: AHOY-Sr Cntr 2:00: MOVIE TIME!	13	14
15 8:30: Shuffleboard 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 11:30: NC RST Meeting 1:00: Needlecraft 1:00: Chair Volleyball 5:30: Restorative Yoga	16 8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 11:00 Diabetic Support Group 1:00: Mah Jongg 1:00 Ping Pong Table and Games 2:00: AHOY-Blind Center 3:30:Grief Support 5:45: Mat Yoga	17 <u>1-3: Annual Christmas Party</u> 3:00: River Readers	18	19	20	21
SENIOR CENTER CLOSED FOR LOBBY FLOOR REPLACEMENT!						
22 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga	23 8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 11:00: Mah Jongg 1:00 Ping Pong Table and Games 2:00: AHOY-Blind Center 3:30:Grief Support 5:45: Mat Yoga	24  CLOSED CHRISTMAS EVE & CHRISTMAS DAY!	25	26 8:15: Aerobics 8:30: Pickleball 11:00: AHOY-East Haven 11:00: Beg. Line Dancing 1:00: Card Games	27 8:30: Senior Games Practice 8:15: Yoga 9:30: Tai Chi 11:00: AHOY-Sr Cntr	28
29 8:15: Yoga 9:30: Tai Chi 10:30: BINGO 1:00: Needlecraft 5:30: Restorative Yoga 5:30: Caregivers Support Group	30	31 8:15: Aerobics 9:15: Painting 10-11: Blood Pressure Checks 11:00: AHOY-Choco 1:00: Mah Jongg 1:00 Ping Pong Table and Games 2:00: Beaufort Co. Traditional Music 2:00 AHOY-Blind Center 5:45: Mat Yoga	Activities located outside Senior Center are in BOLD	<u>Special Events & Events which require pre-registration are UNDERLINED.</u>		