

# DECEMBER 2017 CALENDAR OF EVENTS

www.glenwoodseniorcenter.org

(410) 313-5440



				<b>1</b> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture
<b>4</b> \$ Energize HIT 8:20 Basketball 9 <b>\$Physical Therapy</b> Pinochle 10 Bridge 12:45 \$ Prime Time 1 <b>\$Wreath Workshop 1</b> \$ Yogalates 3	<b>5</b> \$ Hatha Yoga 9 <b>iPhone, iPad 10</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1	<b>6</b> <b>Nutrition Education 9:30</b> \$ Energize HIT 8:20 <b>\$Physical Therapy</b> Open Arts & Crafts 9 Bridge 12:45 \$ Prime Time 1 <b>\$Textures in Clay 1</b>	<b>7</b> \$ Hatha Yoga 9 <b>Qi Gong/Tai Chi 9</b> \$ Gentle Yoga 10:15 <b>History Discussion 10:30</b> \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 <b>\$ DIY Scrubs 1</b> <b>Great Courses 1</b> <b>Book Club 1</b> <b>Council Appreciation</b> Line Dancing 1:45	<b>8</b> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 <b>Holiday Music Steve Flynn 11</b> \$ Acupuncture <b>Movie: Love Actually 1</b>
<b>11</b> \$ Energize HIT 8:20 <b>Ask the Pharmacist 9</b> <b>\$Physical Therapy</b> Pinochle 10 <b>History of Broadway 11</b> Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3	<b>12</b> \$ Hatha Yoga 9 <b>Blood Pressure 9</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 <b>\$Hanukah Party 12</b> Chinese Mahjong 1	<b>13</b> \$ Energize HIT 8:20 <b>\$Physical Therapy</b> Open Arts & Crafts 9 <b>Drums Alive 11</b> Bridge 12:45 \$ Prime Time 1 <b>Ann Wiker Art Talk 1</b>	<b>14</b> <b>Cookie Sale</b> \$ Hatha Yoga 9 <b>\$ Reflexology 9</b> <b>Qi Gong/Tai Chi 9</b> <b>Genealogy 10</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 <b>Great Courses 1</b> Line Dancing 1:45	<b>15</b> <b>Cookie Sale</b> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 <b>Lyric Opera House Presents: Holiday Spirit 11</b> \$ Acupuncture
<b>18</b> \$ Energize HIT 8:20 Basketball 9 <b>\$Physical Therapy</b> Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3	<b>19</b> \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1	<b>20</b> \$ Energize HIT 8:20 Basketball 9 <b>\$Physical Therapy</b> Open Arts & Crafts 9 <b>Drums Alive 11</b> <b>\$Holidaze Luncheon 12</b> Bridge 12:45 \$ Prime Time 1 <b>\$Textures in Clay 1</b>	<b>21</b> \$ Hatha Yoga 9 <b>\$ Reflexology 9</b> <b>Qi Gong/Tai Chi 9</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45	<b>22</b> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 <b>Drumming Circle 11</b> \$ Acupuncture <b>No Movie</b>
<b>25</b>  <b>CLOSED</b> <b>CHRISTMAS DAY</b>	<b>26</b> \$ Hatha Yoga 9 <b>Blood Pressure 9</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1	<b>27</b> \$ Energize HIT 8:20 Basketball 9 <b>\$Physical Therapy</b> Open Arts & Crafts 9 <b>Drums Alive 11</b> Bridge 12:45 \$ Prime Time 1	<b>28</b> \$ Hatha Yoga 9 <b>Qi Gong/Tai Chi 9</b> \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45	<b>29</b> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 <b>Music of Larry &amp; Jim 11</b> \$ Acupuncture