

DECEMBER 2017

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<i>1 9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i>
<i>4 9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i> <i>12:30-1:15 Senior Fit</i> <i>1:30-2:30 The Complete Mix</i> <i>2:30-3:30 Tap Dancing</i> <i>6:00 Line Dancing</i>	<i>5 9-10:30 Men's Bible</i> <i>9-10 Fitness for Everyone</i> <i>10-11 Martial Arts</i> 11:30 GARDEN CLUB <i>1:30-3:00 Painting Pals</i>	<i>6 9:30 Men's Agape Coffee Group</i> <i>9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-12 Fall/Tai-Chi</i> <i>12:30-1:15 Senior Fit</i> <i>1:30—2:30 The Complete Mix</i>	<i>7</i> <i>9-10 Fitness for Everyone</i> <i>10-11 Martial Arts</i> 1-5 SELF-DEFENSE	<i>8 9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30—12 Yoga FFF</i> 1-5 SELF-DEFENSE
<i>11 9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i> <i>12:30-1:15 Senior Fit</i> <i>1:30-2:30 The Complete Mix</i> 1:30-3:00 Thread, Yarn, Crochet & Coffee 3:00 Ridgeland Tappers @ Highland Home <i>6:00 Line Dancing</i>	<i>12 9-10:30 Men's Bible</i> <i>9-10 Fitness for Everyone</i> <i>10-11 Martial Arts</i> <i>1:30-3:00 Painting Pals</i>	<i>13</i> <i>9:30 Men's Agape Coffee Group</i> <i>9-10 Exercise</i> <i>10-11 Exercise</i> <i>12:30-1:15 Senior Fit</i> <i>1:30—2:30 The Complete Mix</i>	<i>14</i> <i>9-10 Fitness for Everyone</i> <i>10-11 Martial Arts</i>	<i>15</i> <i>9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i>
<i>18 9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i> <i>12:30-1:15 Senior Fit</i> <i>1:30-2:30 The Complete Mix</i> <i>2:30-3:30 Tap Dancing</i> <i>6:00 Line Dancing</i>	<i>19 9-10:30 Men's Bible</i> <i>9-10 Fitness for Everyone</i> <i>No Martial Arts</i> <i>1:30-3:00 Painting Pals</i>	<i>20</i> <i>9:30 Men's Agape Coffee Group</i> <i>9-10 Exercise</i> <i>10-11 Exercise</i> <i>12:30-1:15 Senior Fit</i> <i>1:30—2:30 The Complete Mix</i>	<i>21</i> <i>9-10 Fitness for Everyone</i> <i>No Martial Arts</i>	<i>22</i> <i>9-10 Exercise</i> <i>10-11 Exercise</i> <i>11-11:30 Yoga R&R</i> <i>11:30-12 Yoga FFF</i>
25 HOLIDAY!!	26 HOLIDAY!!	27 No Programs!	28 No Programs!	29 No Programs!