

DECEMBER 2021

PHILLIPSBURG






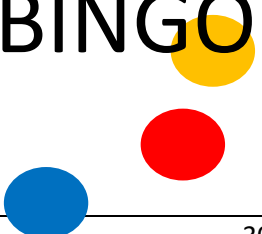


** All events begin promptly at 11am! Please join us for lunch immediately after at 12pm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		YOGA WITH LIZ BRIDGE 10am-3pm	ZUMBA WITH SANDY	Ornaments with the staff! 
6		7	8	9
TAI CHI WITH STAN BRIDGE 10am-3pm	BINGO WITH MARIA FROM UNITED HEALTHCARE 	YOGA WITH LIZ BRIDGE 10am-3pm	ZUMBA WITH SANDY	
13		14	15	16
TAI CHI WITH STAN BRIDGE 10am-3pm	BINGO  	YOGA WITH LIZ BRIDGE 10am-3pm	ZUMBA WITH SANDY	DRESS FESTIVE! WEAR YOUR FAVORITE HOLIDAY OUTFIT!
20		21	22	23
TAI CHI WITH STAN BRIDGE 10am-3pm	BINGO  	YOGA WITH LIZ BRIDGE 10am-3pm	ZUMBA WITH SANDY WEAR YOUR UGLY SWEATER 	off
27		28	29	30
TAI CHI WITH STAN BRIDGE 10am-3pm	BINGO  	YOGA WITH LIZ BRIDGE 10am-3pm	ZUMBA WITH SANDY	off

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WASHINGTON

** All events begin promptly at 11am! Please join us for lunch immediately after at 12pm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Nutrition for Longevity 	ABILITIES CHOIR 	ZUMBA WITH SANDY
6	7	8	9	10
YOGA WITH LIZ	TAI CHI WITH STAN	BINGO WITH CHRISTINE FROM THE CHELSEA	Ornaments with the staff! 	ZUMBA WITH SANDY
13	14	15	16	17
YOGA WITH LIZ	TAI CHI WITH STAN	BINGO WITH MARIA FROM UNITED HEALTHCARE 	 With Anthony	ZUMBA WITH SANDY
20	21	22	23	24
YOGA WITH LIZ	TAI CHI WITH STAN	DRESS FESTIVE! WEAR YOUR FAVORITE HOLIDAY OUTFIT!	BINGO 	off
27	28	29	30	31
YOGA WITH LIZ	TAI CHI WITH STAN	WEAR YOUR UGLY SWEATER 	BINGO 	off

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HACKETTSTOWN


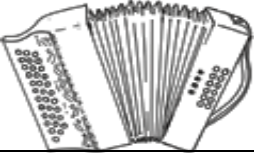

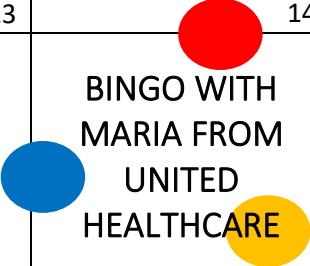

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		ZUMBA WITH SANDY	TAI CHI WITH STAN	YOGA WITH LIZ
6	7	8	9	10
BINGO WITH MARIA FROM UNITED HEALTHCARE	Nutrition for Longevity 	ZUMBA WITH SANDY	TAI CHI WITH STAN	YOGA WITH LIZ
13	14	15	16	17
Ornaments with the staff! 	BINGO	ZUMBA WITH SANDY	TAI CHI WITH STAN	YOGA WITH LIZ
20	21	22	23	24
BINGO	ABILITIES CHOIR 	ZUMBA WITH SANDY	TAI CHI WITH STAN DRESS FESTIVE! WEAR YOUR FAVORITE HOLIDAY OUTFIT!	off
27	28	29	30	31
	BINGO	ZUMBA WITH SANDY	TAI CHI WITH STAN	off

DECEMBER 2021

NORTH WARREN

** All events begin promptly at 11am! Please join us for lunch immediately after at 12pm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			YOGA WITH LIZ	ROSEMARY 
6	7	8	9	10
 NUTRITIONIST PRESENTATION		MUSIC WITH MAXINE 	YOGA WITH LIZ	<i>Ornaments with the staff!</i> 
13	14	15	16	17
		<i>Gisela Singing</i> 	YOGA WITH LIZ	
20	21	22	23	24
		DRESS FESTIVE! WEAR YOUR FAVORITE HOLIDAY OUTFIT!	YOGA WITH LIZ	off
27	28	29	30	31
WEAR YOUR UGLY SWEATER 		 WITH CHRISTINE FROM THE CHELSEA	YOGA WITH LIZ	off