



# DECEMBER 2023

## HACKETTSTOWN

\*\* Please join us for lunch immediately after at 12pm!

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
				1
				YOGA WITH LIZ 11am
4	5	6	7	8
Skin Care & Wound Prevention with Tifanie		ZUMBA WITH SANDY 11am	TAI CHI 11am	YOGA WITH LIZ 11am
11	12	13	14	15
Presentation Shelly Build your own donut 		ALL SITES ARE CLOSED TODAY	TAI CHI 11am	YOGA WITH LIZ 11am
18	19	20	21	22
Dealing with grief during the holidays with Avis 	Allamuchy Holiday Singers 11-12 noon  Holiday Sweater	ZUMBA WITH SANDY 11am	TAI CHI  m Kim & Liz 11am 	YOGA WITH LIZ 11am
25	26	27	28	29
Holiday Closed Happy Holidays 		ZUMBA WITH SANDY 11am	TAI CHI  m	Birthday Celebrations YOGA WITH LIZ 11am