



# DECEMBER 2023

## WASHINGTON

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<b>ZUMBA WITH SANDY</b> 10:30am
4	5	6	7	8
 Dealing with grief during the holidays with Avis	<b>TAI CHI</b> 10:30 AM	Holiday fun with Warren Hills peer leaders 11-12 noon	<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10:30am
11	12	13	14	15
<b>Rutgers</b> Nutrition Education	<b>TAI CHI</b> 10:30 AM	<b>ALL SITES CLOSED TODAY</b>	<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10:30am
18	19	20	21	22
<b>Skin Care &amp; Wound Prevention with Tifanie</b>	<b>TAI CHI</b> 10:30 AM	Holiday Sweater day 	<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10:30am
25	26	27	28	29
Holiday Closed 	<b>TAI CHI</b> 		<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10:30 AM Birthday Celebrations