

# RIVER VALLEY SENIOR CENTER—December-2023

Mon	Tue	Wed	Thu	Fri
<b>LOCATION KEY</b> LL = Lower Level UL = Upper Level				9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL
<b>4</b> 9:00 & 10:00 Exercise LL <b>11:00 Christmas Tree Lighting UL</b> 12:15 Meditation UL 1:30 Chair Yoga LL 2:30 Beginner Yoga LL	<b>5</b> 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL	<b>6</b> 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL	<b>7</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>8</b> 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 11:00 Christmas Bingo RVSC with lunch LL 1:00 Knitting & Crocheting LL
<b>11</b> 9:00 & 10:00 Exercise LL 12:15 Meditation UL 1:30 Chair Yoga LL 2:30 Beginner Yoga LL	<b>12</b> 9:00 Crafts LL <b>12:30 Watercolor class</b> 1:00 Cribbage – UL	<b>13</b> <b>Foot Clinic by appointment</b> 9:00 & 10:00 Exercise LL 12:30 Monthly Commodities 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL	<b>14</b> <b>10:00 Board Meeting</b> 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>15</b> 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL
<b>18</b> <b>Foot Clinic by appointment</b> 9:00 & 10:00 Exercise LL 12:15 Meditation UL 1:30 Chair Yoga LL 2:30 Beginner Yoga LL	<b>19</b> 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL	<b>20</b> 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL	<b>21</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>22</b> 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL
<b>25</b> Happy Holidays Closed	<b>26</b> Happy Holidays Closed	<b>27</b> 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL	<b>28</b> 9:00 Newsletter Folding 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>29</b> 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL