




FORSYTH SENIOR CENTER ACTIVITIES DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	6. CHAIR EXERCISES 9:00	7. YOGA 8:30 CARD SOCIAL 12:30	8. CHAIR EXERCISES 9:00 BINGO 12:30	9. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
12. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	13. BIRTHDAY DAY CHAIR EXERCISES 9:00	14. YOGA 8:30 LIFE STORIES 12:30	15. CHAIR EXERCISES 9:00 BINGO 12:30	16 S.A.I.L. BALANCE & EXERCISE CLASS 9:30 CHRISTMAS DINNER & MUSIC BY BITTERSWEET
19. S.A.I.L. BALANCE & EXERCISE CLASS 9:30	20. FOOT CLINIC 9:00 BY APPT. CRAFTS 12:30	21. YOGA 8:30 GAME DAY 12:30	22. CHAIR EXERCISES 9:00 BINGO 12:30	23. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
26. CLOSED FOR CHRISTMAS HOLIDAY	27. CHAIR EXERCISES 9:00 CARD SOCIAL 12:30	28. YOGA 8:30 CARD SOCIAL 12:30	29. CHAIR EXERCISES 9:00 BINGO 12:30	30. S.A.I.L. BALANCE & EXERCISE CLASS 9:30
			1. HAPPY NEW YEAR!!! CENTER CLOSED	2. CLOSED FOR NEW YEAR'S HOLIDAY