

FORSYTH SENIOR CENTER ACTIVITIES

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	5. CHAIR EXERCISE 9:00	6. ADVANCED ARTHRITIS/YOGA CLASS 8:30	7. CHAIR EXERCISE 9:00 BINGO 12:30	8. S.A.I.L. BALANCE&EXERCISE CLASS 9:00
11. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	12. BIRTHDAY DAY!! CHAIR EXERCISE 9:00	13. ADVANCED ARTHRITIS/YOGA CLASS 8:30	14. CHAIR EXERCISE 9:00 BINGO 12:30	15. S.A.I.L. BALANCE&EXERCISE CLASS 9:00 WHEEL OF FORTUNE 1:00
18. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	19. CRAFTS 12:30 FOOT CLINIC—CALL US FOR AN APPOINTMENT	20. ADVANCED ARTHRITIS/YOGA CLASS 8:30 LIFE STORIES 12:30	21. CHAIR EXERCISE 9:00 BINGO 12:30	22. S.A.I.L. BALANCE&EXERCISE CLASS 9:00 CHRISTMAS PARTY!!
25. CLOSED MERRY CHRISTMAS!	26. CHAIR EXERCISE 9:00	27. ADVANCED ARTHRITIS/YOGA CLASS 8:30	28. CHAIR EXERCISE 9:00 BINGO 12:30	29. S.A.I.L. BALANCE&EXERCISE CLASS 9:00 STORY TIME WITH TIM 12:30 "CRAZY DRESS UP DAY!"
JANUARY 1. CLOSED HAPPY NEW YEAR!				