

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2023

Frank G Murray Community Center

December 2023						Letters to Santa begins!	1	2			
Frank G Murray Community Center						9:45am- SPRY Chair+ Mat		Private Rental			
						11am- SPRY Chair only					
3	*9am-3pm- Tax Commissioner's Office -by appt (B) 9:30am- Holiday Singalong w/ Debi Scott 10am- Bingo 1-3pm- Island Kickers	4	8:30am- Walkie Talkies 9:30am- Yoga 101 10:30am- Sewing Bees (C) 12:30pm- GEM	5	*9am-3pm- Tax Commissioner's Office 8:30am- Walkie Talkies 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 1:30-3pm- Comm Art (B) Holiday Garland 2pm-Tight &Tone 5-8pm- Girl Scouts	6	8:30am- Stretch it Out (30min) 9:30am- Pilates 10:30am- Qi Gong 11:15am- Zumbini (B) 1-3pm-Beginner Line Dance Hanukkah Begins	7	9:45am- SPRY Chair+ Mat 11am- SPRY Chair only 7-10pm- Contra Dance w/ Folk Music Society	8	9
10	*9am-3pm- Tax Commissioner's Office -by appt (B) 9:30am- Wellness Talk w/ Memorial Health 10am- Bingo 1-3pm-Boardgame Society (C)	11	8:30am- Walkie Talkies 9:30am- Yoga 101 12:30pm- GEM 1:00-3pm- Caregiver Support Group 6:30pm- Yin Yoga+ Sound Bath	12	*9am-3pm- Tax Commissioner's Office 8:30am- Walkie Talkies 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 2pm-Tight &Tone	13	8:30am- Wake Me Up Cardio (30min) 8am-3pm- Courtesy Gift Wrapping 11:15am- Zumbini (B)	14	9:45am- SPRY Chair+ Mat 11am- SPRY Chair only 8am-3pm- Courtesy Gift Wrapping (B)	15	16
17	*9am-3pm- Tax Commissioner's Office -by appt (B) 10am- Bingo *Thankyou Comfort Keepers! 11:15am- Lunch Bunch *Birthday Club *January Registration opens	18	10am-12pm & 1pm-3pm- Family Holiday Event w/ Tribe Savannah *registration required	19	*9am-3pm- Tax Commissioner's Office 8:30am- Walkie Talkies 9:45am- SPRY Mat 12:45pm- Sit & Be Fit 1:30-3pm- Comm Art (B) BYOA 5-8pm- Girl Scouts	20	8:30am- Stretch it Out (30min) 9:30am- Pilates 10:30am- Qi Gong 1-3pm-Beginner Line Dance Winter Begins	21		22	23
24		25	8:30am- Walkie Talkies 9:30am- Yin Yoga 10:30am- Sewing Bees (C)  Christmas	26	*9am-3pm- Tax Commissioner's Office 8:30am- Walkie Talkies 9:45am- Celebrate Kwanzaa Yoga 12:45pm- Sit & Be Fit 2pm-Tight &Tone  Boxing Day (Canada) Kwanzaa Begins	27	8:30am- Wake Me Up Cardio (30min) 10:30am- Qi Gong 1pm- Matinee Movie Showing "Last Holiday" \$2	28	9:45am- SPRY Chair+ Mat 11am- SPRY Chair only	29	30
31	All programs are in Room A unless specified (B) or (C)										
											
New Year's Eve											



New Year's Eve