

DECEMBER 2018

Type Healthcare, Assisted Living, Independent Activities, etc. here.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	<p>9:00-9:50 Fitness Program</p> <p>10:00-11:00 Taoist Tai Chi (Advanced Class)</p> <p>12:15- 3:30 Social Bridge or Euchre (Table Rotation begins at 1:00)</p> <p>12:30-3:30 Board Games/Games of Choice</p>	<p>9:00-3:30 Open Art Studio (No Instructor)</p> <p>10:30-12:30 Current Events and Lunch Group (Bi-weekly) Please sign up for lunch on the bulletin board no later than the day before!</p> <p>1:00-3:00 Euchre Afternoon Tables are available for members to pre- arrange your group of choice</p>	<p>8:45-9:50 Hatha Yoga (no yoga experience needed)</p> <p>9:15 Walking Program (scheduled in branch)</p> <p>10:00-12:30 Oil Painting**</p> <p>11:00-3:00 Knitting group & Social Afternoon</p> <p>1:00-3:30 Oil Painting Class**</p>	<p>9:00-9:50 Fitness Program</p> <p>10:00-12:30 Watercolour Classes**</p> <p>1:00-3:30 Watercolor classes**</p> <p>1:00-3:30 Social Afternoon (Tables are available for members to pre- arrange your game of choice)</p>	<p>8:45-9:45 Advanced Tai Chi</p> <p>10:00-12:00 Fold dancing Class**</p> <p>12:15-3:30 Social Bridge or Euchre</p> <p>12:15-3:30 Board Games or Games of Choice</p>	

For Special Events and In-Services, please speak to Karen. Karen will be retiring at the end of December, after many years of service to the Second Mile Club. Thank you Karen, for everything that you have done for us!

*Happy Holidays from the
Second Mile Club!*

