



December 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | <p>1</p> <p>6:45 Zumba 10:00 Publix 1:00 Activities Committee 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning</p> | <p>2</p> <p>6:45 Zumba 10:00 Stretch & Flex 2:00 DeKalb Medical 2:00 Ceramics 2:00 Hula Dancing 7:00 Movie: "Christmas with the Kranks"</p> | <p>3</p> <p>11:00 Strength & Conditioning 7:30 Bingo</p> |
| <p>4</p> <p>5:00 Vespers</p> | <p>5</p> <p>6:45 Zumba 10:00 Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session 2:30 Holiday Safety</p> | <p>6</p> <p>6:45 Zumba 9:00 Wii bowling 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 3:30 "History of Faith, Part 2 4:45 Supper Out: Longhorn 6:00 12th Floor Dinner</p> | <p>7</p> <p>6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit</p> | <p>8</p> <p>6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 7:00 Story Telling "Favorite Present"</p> | <p>9</p> <p>6:45 Zumba 10:00 Stretch & Flex 11:30 Birthday Lunch: Red Snapper 2:00 Ceramics 7:00 Movie: "A Christmas Story"</p> | <p>10</p> <p>10:00 Pet Therapy 11:00 Strength & Conditioning 7:30 Bingo</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 11 2:00 4-Seasons Orchestra 5:00 Vespers | 12 6:45 Zumba 9:00 AARP Driving Safety Class 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and Drawing 4:00 Lights Trip | 13 6:45 Zumba 9:30 Wii Bowling 1:00 PRIZE Bingo 2:30 Pilates 3:30 ICS meeting 4:45 Supper Out: Green Ginger | 14 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:00 Senate Meeting 11:15 Veggie Man 12:30 Sit & Get Fit 6:30 Children's Mission Choir | 15 6:45 Zumba 10:00 Publix 1:00 Marta Card Trip 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning DECK THE HALLS CONTEST | 16 6:45 Zumba 10:00 Stretch & Flex 1:30 Art Appreciation 2:00 Managing your Health Successfully 7:00 Movie: "It's a Wonderful Life" | 17 11:00 Strength & Conditioning 11:00 Shop & Lunch: Northlake Mall 7:30 Bingo |
| 18 1:00 Lunch Buffet 5:00 Vespers | 19 6:45 Zumba 10:00 Stretch & Flex 10:00 Breakfast out: "Goldberg's" 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 New Resident Orientation 1:30 Watercolor and drawing 7:30 Gwinnett Community Band | 20 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Oh Charlie's 6:30 Sing a Long | 21 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit | 2 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning | 23 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics 6:00 Holiday Party | 24 11:00 Strength & Conditioning 7:30 Bingo |
| 25 Christmas Day | 26 6:45 Zumba 10:00 Stretch & Flex 10:00 Morning Out: Multi-Stop Decatur 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions Offices will be closed | 27 6:45 Zumba 9:30 No Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Mary Mac's | 28 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit | 29 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning | 30 6:45 Zumba 10:00 Stretch & Flex | 31 11:00 Strength & Conditioning New Years Eve |