

Monday

Tuesday

Wednesday

Thursday

Friday

December 2021
SCC Activities Schedule

8:00- Billiards 10:00-Low Impact Exercises 12:00 – Bingocize	6	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:00-Hand & Foot Card Game 11:30-Chair Yoga	7	10:00 – Bingo 11-12-Intrepid Blood Pressure Clinic 11:00- Card Club	8	8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	9	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:30-Chair Yoga	10
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8:00- Billiards 10:00-Low Impact Exercises 12:00 – Bingocize	13	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:00-Hand & Foot Card Game 11:30-Chair Yoga	14	8:00- Billiards 10:00 –US BANK Christmas Party 11:00- Card Club	15	8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	16	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:30-Chair Yoga	17
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8:00- Billiards 10:00-Low Impact Exercises 12:00 – Bingocize	20	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:00-Hand & Foot Card Game 11:30-Chair Yoga	21	8:00- Billiards 10:00 – Bingo 11:00- Card Club	22	8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	23		
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	28	8:00- Billiards 10:00 – Mat Yoga 10:00- Craft Class 11:00-Hand & Foot Card Game 11:30-Chair Yoga	29	8:00- Billiards 10:00 – Bingo 11:00- Card Club 11:00-Emcompass Home Health Blood Pressure Clinic	30				
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