

December 2018 (sign up for programs/activities begins Monday, December 3)

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Captive 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga	4 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch	5 11:00 Strength Training 11:30 Holiday Potluck 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Lifestory Writing Group	6 8:45 Oldies Sweatin' 9:00 Stitch Therapy 9:00 AARP Board 9:00 Gentle Yoga 10:00 Chair Yoga 11:00 Bunco/Pinochle 3:00 Applebee's Afternoon Appetizers	7 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers 12:45 Classic Holiday Movie
10 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: A Walk in the Woods 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Caregivers' Support Group for Alzheimer's 5:30 Monday Yoga	11 8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 2:00 Senior Social at west Dairy Queen	12 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Holiday Cookies & Hot Chocolate Social 1:00 Hand & Foot/Canasta	13 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass cleaning & adjustment 11:30 Blood pressure checks & hearing aid cleanings 12:00 Lunch Bunch: Gordo's 1:00 Bunco/Pinochle	14 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:00 Holiday Dinner 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 12:45 Classic Holiday Movie 1:00 Texas Hold 'Em
17 9:15 Advanced Strength Training 10:15 Strength Training 10:30 Presentation: Drones! Come Fly With Me 11:00 Strength Training 11:00 CSFP Box Pickup 12:30 Bridge 12:45 Movie: The Star 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga	18 8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Presentation: Holiday Gifts in a Jar 1:00 VIP Book Group 2:00 VIP Support Group	19 8:30 Foot Care 9:30 Holiday Hotcakes! Pancake Breakfast 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta	20 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco 3:00 Applebee's Afternoon Appetizers	21 9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers Holiday Sing-a-long 12:45 Classic Holiday Movie
24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED	27 8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga CENTER CLOSSES AT 1:00	28 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training CENTER CLOSSES AT 1:00
				
31 CENTER CLOSED	1 CENTER CLOSED	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: right; font-size: small;">MEMBER FDIC EQUAL HOUSING LENDER</p> <p style="text-align: center;">It's all about CONVENIENCE It's all about COMMUNITY It's all about YOU!</p> <p style="font-size: x-small; text-align: center;">KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</p> <p style="text-align: center;">StateBank <small>ksstatebank.com</small></p> <p style="text-align: center; font-size: x-small;">Westloop Downtown Aggieville Highway 24 785-587-4000</p> </div>		
				