



Middletown Senior Center Daily Activities

December 2021

All Virtual Classes now on ZOOM: meeting #230 051 0854/password: senior

* Events that require sign-up

Mon	Tue	Wed	Thu	Fri
<p>Last day to buy Holiday Party tickets is 12/6/21 <i>Tickets sold from 9am-12pm</i></p>	<p>Mixed Media Art on Wednesdays will be in the Gymnasium Yoga Room. Sign-up required for all classes 15 max.</p>	<p>1 10:00 Gentle Strength 10:30 - 12 Mixed Media Art - 15 maximum 1:00 Christmas Carols & Tree Lighting *</p>	<p>2 10:00 Yoga in Gymnasium 10:30 Knitting 11:00 Book Club 1:00 Membership Meeting & Tech Talk</p>	<p>3 10:00 Tip Toe Tap 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub- 1:30-3:30 Paint & Sip 15 maximum*</p>
<p>6 10:00 Zumba Gold 10:30 Knitting 12:30 Move 2 the Groove/Chair Cardio-</p>	<p>7 10:15 Brain & Body Class 12:30 Yoga 1:15 -2:15 Bingo with Sue</p>	<p>8 10:00 Gentle Strength 10:30 - 12 Mixed Media Art - 15 maximum 12:00 Holiday Brunch sign-up by 12/1 1:00 Birthday Party*</p>	<p>9 10:00 Yoga in Gymnasium 10:30 Knitting 11:00 Book Club 1:00 Crafts with Ellen & Lil*</p>	<p>10 10:00 Tip Toe Tap 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub 1:30-3:30 Paint & Sip 15 maximum*</p>
<p>13 10:00 Zumba Gold 10:30 Knitting 12:30 Move 2 the Groove/Chair Cardio 1:15 Tech Talk Cell Phone Help Home*</p>	<p>14 10:15 Brain & Body Class 12:30 Yoga 1:15-2:15 Trivia</p>	<p>15 10:00 Gentle Strength 10:30 - 12 Mixed Media Art -15 maximum 1:00 Soup Medley Demo sponsored by Right at Home*</p>	<p>16 <i>Holiday Party at Gramercy Lakeside Manor Hazlet 11-3</i> No Activities at Center</p>	<p>17 10:00 Tip Toe Tap 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub 1:30-3:30 Paint & Sip 15 maximum*</p>
<p>20 10:00 Zumba 10:30 Knitting 12:30 Move 2 Groove/Chair Cardio</p>	<p>21 10:00-12:00 Legal Services Appointment 10:15 Brain & Body Class 11:00 1:15 Multi Age Disabilities Thorne Class Visiting Center for lunch.* 12:30 Yoga</p>	<p>22 10:00 Gentle Strength 11:30 Senior Center Tap Dancers 12:00 Holiday Lunch Sign-up with Mary by 12/14 in Nutrition-50 maximum 1:30 - 3:30 TIME CHANGE- Mixed Media Art -15 Maximum*</p>	<p>23 10:00 Yoga in Gymnasium 10:30 Knitting 11:00 Book Club</p>	<p>24 CENTER CLOSED Merry Christmas We wish you and your families a happy holiday!</p>
<p>27 10:00 Zumba 10:30 Knitting 12:30 Move 2 Groove/Chair Cardio</p>	<p>28 9:30-12 VNA Nurse Visit 10:15 Brain & Body Class 12:30 Yoga</p>	<p>29 10:00 Gentle Strength 1:00 Lucille Ball Impersonator Performance sign-up by 12/23 *</p>	<p>30 10:00 Yoga in Gymnasium 10:30 Knitting 11:00 Book Club 12:30 Music Bingo with TFE Entertainment*</p>	<p>31 CENTER CLOSED Happy New Year Wishing our members a safe and healthy New Year!</p>