

Monday

Tuesday

Wednesday

Thursday

Friday



<p>5 9:15am Exercise w/ Kathy 1:00pm Beginner Ukulele 2:00pm Beginner 1+ Ukulele 6:00pm Creative Factory Art, Acrylic Paint "Mountain Scene"</p>	<p>6 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Still Life with Crocks" 1:30pm Call-Out Game 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>7 9:30am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "Ice Skater, The Reverend Walker on Duddingston Loch"</p>	<p>8 9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>9 8:00am Pilates 9:00am Technology Class: "How to Safely Shop Online" 11:00am Move Your Body Exercise Class <b>1:00pm Fun Holiday Snacks and Meals</b></p>
<p>12 9:15am Exercise w/ Kathy <b>11:30am Tai Chi with Suzanne</b> 6:00pm Creative Factory Art, Acrylic Paint "Pinecones"</p>	<p>13 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Winter Landscape" 1:30pm Bingo w/ Matt 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>14 9:30am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor, "Paperwhite Narcissus Flower"</p>	<p>15 9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>16 8:00am Pilates 9:00am Technology Class: "Digital Music: Learning How to Use Spotify" 11:00am Move Your Body Exercise Class</p>
<p>19 9:15am Exercise w/ Kathy <b>11:30am Tai Chi with Suzanne</b> 6:00pm Creative Factory Art, Acrylic Paint "Holly with Ribbons"</p>	<p>20 9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint "Christmas Candy" 1:30pm Family Face Off 4:00pm Boxing &amp; Balance Exercise Class</p>	<p>21 9:00am Technology Class: "Smartphone Photography" 9:30am Parkinson's Fitness Class 1:00pm Creative Factory Art, Watercolor, "Lucia: Saint of Light"</p>	<p>22 9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>23 8:00am Pilates <b>Happy HOLIDAYS</b></p>
<p>26 LCOA Virtual Connections is a FREE online Senior Center. To join, call Manager Debbie Groff 717-299-7991 <a href="mailto:dgroff@co.lancaster.pa.us">dgroff@co.lancaster.pa.us</a></p>	<p>27 1:30pm Bingo w/ Matt 4:00pm Boxing &amp; Balance Exercise Class </p>	<p>28 9:30am Parkinson's Fitness Class 1:00pm Creative Factory Art, Watercolor, "Snowy Owl Wintery Scene"</p>	<p>29 9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM</p>	<p>30 8:00am Pilates 9:00am Technology Class: "Smartphone Tools and Utilities" 11:00am Move Your Body Exercise Class</p>