



December 2019 – Exercise Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.	3. 9:30 AM- Zumba 1:30 PM-QuickFit	4. 3:15 PM – Water Aerobics (*Warford)	5. 9:30 AM – Yoga Flow 11:30 AM -Tai Chi	6. 10:00- 11:00 AM – Open Gym (Door 6)	7.	8.
9. Clinic	10. 9:30 AM- Basic Strength & Stretch 5:15 PM – Faith Fuzed SitFit	11. 9:30 AM – Core Fusion 3:15 PM – Water Aerobics (*Warford) 5:30 PM – Zumba	12. 9:30 AM – Yoga Flow 11:30 AM – Matter of Balance 4:00 PM- Balance & Mobility Clinic	13. 10:00- 11:00 AM – Open Gym (Door 6)	14. 11:00 AM – Matter of Balance	15.
16. Clinic	17. 9:30 AM – Matter of Balance 1:30 PM – QuickFit 5:30 PM – Core Fusion	18. 9:00 AM – Calisthenics 1:30 PM – Tai Chi 6:30 PM – Basic Strength & Stretch	19. 9:30 AM – Yoga Flow 11:30 AM -Tai Chi 5:00 PM – Walking Group (Warford)	20.	21.	22. 5:30 PM – Matter of Balance
23. No Clinic	24.	25.	26.	27.	28.	29.
<h2>Clinic Closed Merry Christmas</h2>						

*Charles E. Warford Activity Center Address: 1330 NW 18th Ave.



December 2019 – Education Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2. Clinic	3. 6:30 PM- AA Meeting	4. 9:30 AM – Bible Study 10:30 AM – Creative Cooking 2:00 PM – Stress Management	5. 10:30 AM – Taste of African American Cooking 6:00 PM – Women’s Health Education	6. 11:00 AM – Anxiety and Depression Support Group 6:00 PM – Community Worship Night	7.	8.
9. Clinic	10. 11:00 AM – Stress Management 6:00 PM – Spiritual Wellness 6:30 PM- AA Meeting	11. 10:30 AM – Creative Cooking 2:00 PM – Journaling 6:15 PM – Living Well & Known	12. 9:30 AM – Bible Study 10:30 AM – Goal Setting 1:00 PM- When to Go to the ER 6:00 PM – A December to Remember Christmas Party	13. 11:00 AM – Anxiety and Depression Support Group	14. 11:30 AM – When to Go to the ER	15.
16. Clinic	17. 10:30 AM – Tips for Your Teeth 2:00 PM- Diabetes Education 6:00 PM – Healthy Alternatives 6:30 PM- AA Meeting	18. 9:30 AM- Bible Study 10:30 AM – Creative Cooking 2:00 PM – Stress Management 5:30 PM - Holiday Food Safety	19. 10:30 AM - Taste of African America Cooking 6:00- Pharmacy 101	20.	21.	22.
23.	24.	25.	26.	27.	28.	29.
Clinic Closed Merry Christmas						