

**NEW CASTLE SENIOR CENTER
DECEMBER
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 10:30 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 9:30 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

DECEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Stress Management 11:00 Tree Decorating		8:00 Cape May, NJ 10:00 United Health 10:00 Pinochle 10:00 Chair Yoga 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	11:30 Brain Boosters 12:30 New Castle Farmer's Market
10	11	12	13	14
10:00 Reminisce Group 11:00 Lunch out: Mrs. Robino's	12:30 Pokeno	10:00 Care Wear 10:00 Nutrition Ed 12:00 Gunning Bedford Chorale 1:30 YMCA Diabetes Prevention Program	9:30 Massage Program 12:30 Shop Rite	12:00 Entertainment: Ed Brugel
17	18	19	20	21
9:30 Holiday Movie 11:00 Book Club	12:00 Holiday lunch 12:30 New Castle Elementary Choir 12:30 Food Distribution	9:30 Brandywine River Museum 10:00 Pinochle 10:00 Blood Work 10:00 Understanding Depression 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion 5:00 "Old is Not Easy" No yoga	12:00 Holiday Pot Luck luncheon 12:30 Ed Bradford
24	25	26	27	28
CENTER CLOSED CHRISTMAS EVE	CENTER CLOSED CHRISTMAS	10:00 Adult Coloring	9:00 Stand by Me 12:30 Shop Rite No Zumba 4:00 Movie Night No yoga	12:30 Dollar Store
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10:00 "Learn to Play Pool" 12:15 New Year's trivia/sparkling cider 12:15 Birthday Celeb			*There will be no tai chi this month.	For snow closings WDEL 1150 am or www.wdel.com