



The Thompson

Your resource to age well

PROGRAM CALENDAR - DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8:30 Medicare 1:1 Appts* 10:15 Memoir Group 1 Advisory Meeting	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1:30 Mah Jongg 3 Bone Builders	8:30 Medicare 1:1* 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10 Bazaar Workshop 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly Project with ArtisTree*	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Shirt Painting with Mary Wood* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Breakfast Day* Holiday Bazaar Set-up 9 Reflexology* 10-12:30 CCC Office Hours* 1:30 Water Aerobics*
9	10	11	12	13
10:15 Memoir Group 1-3 Advance Directives* 1 Hearing Healthcare Program	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 10:45 Sandglass Theater Puppet Show 12 Spanish Table 12:45 Tech Tutoring* 1:30 Mah Jongg 3 Bone Builders	8:30-10:30 Falls Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1:30 Water Aerobics*
16	17	18	19	20
8:30 Newsletter Folding 10:15 Memoir Group	Holiday Dinner* 9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Panhandlers 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1 Yankee Swap 1:30 Mah Jongg 3 Bone Builders	9 Reflexology* 10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics*
23	24	25	26	27
Breakfast Day* 10:15 Memoir Group	CLOSED for Christmas Eve	CLOSED for Christmas	9 Strengthen & Stretch 10-12 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
30	31			
Birthday Day* 10:15 Memoir Group	Breakfast Day* 9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian		BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	* Indicates that sign-up/reservations are required