The Thompson
Your resource to age well

PROGRAM CALENDAR - DECEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1	**2**	**3**	**4**
	Reflexology 9 Men's Yoga **9:30 Benefits Assistance** 10:30 Chair Yoga **11 Memoir Writing Class** 1 Mahjong **1 Word Games** **1 Tai Chi Demonstration** 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Adv.Tai Chi 12 French Table 1 Gentle Yoga	**8-3 1:1 Medicare Counseling** **8:30-10 Ping Pong** 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability **10:30 Tech Help** **1:30 Creative Arts with ArtisTree** 3 Bone Builders	**9 Breakfast Day** **9:30 Ping Pong** 10:30 BINGO **4 pm VSO Trip** **CLOSED at noon for Holiday Bazaar set up**
7	**8**	**9**	**10**	**11**
8-3 1:1 Medicare Counseling **9:30 Ping Pong** 10 BINGO **11 Live Christmas in Paris -Virtual** 1 Gentle Yoga 1 Advisory Meeting	9 Men's Yoga 10:30 Chair Yoga **11 Memoir Writing Class** **12 Caregiver Support** 1 Mahjong **1 Word Games** **1 Ornament Making** 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Adv.Tai Chi 12 French Table 1 Gentle Yoga **1 Community Connections**	**Holiday Dinner** **8:30-10 Ping Pong** **9-11 Free Screenings** 10 Cribbage 10:30 Strength, Stretch, Stability **1 Yankee Swap** 3 Bone Builders	**9:30 Ping Pong** 10:30 BINGO **11 Intergenerational art project** 1 Mahjong **1-3 Ping Pong** **1 Writing Group** **1:30 Line Dancing**
14	**15**	**16**	**17**	**18**
9:30 Ping Pong 10 BINGO 1 Gentle Yoga	**Reflexology** **Commodities** 9 Men's Yoga 10:30 Chair Yoga **11 Memoir Writing Class** 1 Mahjong **1 Word Games** 3 Bone Builders	**8:30 Board Meeting** 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Adv.Tai Chi 12 French Table 1 Gentle Yoga **1:30 Art with Rose**	**BIRTHDAY DAY** **8:30-3 Foot Clinic** **8:30-10 Ping Pong** 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability **1 Story Telling Workshop** **2 Tech Help** 3 Bone Builders	**9:30 Ping Pong** 10:30 BINGO **11 Grief Support Group** **1 Writing Group** 1 Mahjong **1-3 Ping Pong**
21	**22**	**23**	**24**	**25**
8:30-3 Foot Clinic **9:30 Ping Pong** 10 BINGO 1 Gentle Yoga	9 Men's Yoga 10:30 Chair Yoga **10:30 Holiday Tea with Daisy Girl Scouts** **11 Memoir Writing** 1 Mahjong **1 Word Games** 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Adv. Tai Chi 12 French Table 1 Gentle Yoga	**CLOSED**	**CLOSED** **Christmas Day**
28	**29**	**30**	**31**	
9:30 Ping Pong 10 BINGO 1 Gentle Yoga **1 GeoGuessr**	9 Men's Yoga 10:30 Chair Yoga **11 Memoir Writing Class** 1 Mahjong **1 Word Games** 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Adv. Tai Chi 12 French Table 1 Gentle Yoga	**9 AM Breakfast Day** **8:30-10 Ping Pong** 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability **CLOSED at Noon** **Happy New Year!**	**RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS** **802-457-3277**