

# DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FILIPINO LUNCH</b>	<b>CHINESE LUNCH</b>	<b>VIETNAMESE LUNCH</b>	<b>KOREAN LUNCH</b>	<b>HISPANIC LUNCH</b>
<b>9:00 AM – 3:00 PM</b>	<b>9:00 AM – 3:00 PM</b>	<b>9:00 AM – 3:00 PM</b>	<b>9:00 AM – 3:00 PM</b>	<b>9:00 AM – 3:00 PM</b>
			1 <b>CLOSED DUE TO SNOW</b>	2 <b>CLOSED DUE TO SNOW</b>
5 9:00 Social Time 11:15 Zumba 12:00 Lunch	6 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	7 10:30 Exercise 11:00 Karaoke 12:00 Lunch	8 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	9 <b>NO GROUP-CENTER CLOSED</b>
12 <b>CHRISTMAS CELEBRATION – FILIPINO GROUP</b>	13 9:00 Tai Chi 9:30 Music Group 10:00 BP Checks 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	14 10:30 Exercise 12:00 Lunch 12:30 Karaoke	15 9:30 BP Checks 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	16 9:00 Social Time 11:00 Nutrition Cooking Demo – Blood Sugar Control 12:00 Lunch
19 9:00 Social Time 11:00 Zumba 11:30 Birthday Celebration 12:00 Lunch	20 9:00 Tai Chi 9:30 Music Group 10:00 Kongfu Fan Dancing 11:30 Singing 12:00 Lunch	21 10:30 Exercise 11:00 Christmas and Birthday Celebration 12:00 Lunch 12:30 Karaoke	22 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Christmas Celebration	23 <b>NO GROUP-CENTER CLOSED</b>
26 <b>OBSERVATION OF CHRISTMAS - CENTER CLOSED</b>	27 <b>CHRISTMAS AND NEW YEAR'S DAY CELEBRATION – CHINESE GROUP</b>	28 10:00 BP Checks 10:30 Exercise 11:00 Karaoke 12:00 Lunch	29 9:40 Karaoke 10:10 Exercise 10:30 Bingo 12:00 Lunch	30 9:00 Social Time 10:30 BP Checks 12:00 Lunch



**Homage Senior Services – Center for Healthy Living**

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