

Monday	Tuesday	Wednesday	Thursday	Friday
9:15a AHOY (\$3) 2 (V) 10a Artificial Intelligence Tech Class * 1p Arthritis Foundation Exercise Program (\$4) 3p Concert & "Champagne"	9a Better Balance (\$3) 3 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Games & Mahjong 2:30p Handmade Mini-Books *	10a Virtual Reality * 4 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 	10a Recipe for Success (V) 5 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Parkinson's and Movement Disorders	9:15a Chair Yoga 6 (\$3)(V) 10a Trivia with Tina 11a "The Santa Suit" Book Club * 2p MyChart 
9:15a AHOY (\$3) 9 (V) 10a Hawaii Travelogue * 1p Arthritis Foundation Exercise Program (\$4) 2:30p Holiday Rock Painting (\$3) *	9a Better Balance (\$3) 10 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Afternoon Tea at the O.Henry Hotel (\$30) * 2p Games & Mahjong 6p Pizza Night with Carolina Aging Alliance *	10a Virtual Reality * 11 11a Open Art/Craft Room 1p Cardio Drumming (\$4) * 2p Crochet Club 	9a Digital Photography Workshop * 12 10am Fall Recovery (\$4) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club	9:15a Chair Yoga 13 (\$3)(V) 10a Trivia with Tina 11a "The Santa Suit" Book Club * 
9:15a AHOY (\$3) 16 (V) 1p Arthritis Foundation Exercise Program (\$4) 3p Cookies and Carols	9a Better Balance (\$3) 17 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Games & Mahjong	10a Virtual Reality * 18 11a Christmas Tree Button Art (\$5) * 11a Gardening (V) 1p Cardio Drumming (\$4) * 2p Crochet Club	10a Recipe for Success (V) 19 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 3p White Elephant Gift Exchange	9:15a Chair Yoga 20 (\$3)(V) 10a Trivia with Tina 11a "The Santa Suit" Book Club * 
9:15a AHOY (\$3) 23 (V) 1p Arthritis Foundation Exercise Program (\$4) 	24  <i>The Evergreens Lifestyle Center is closed today.</i>	25 The Evergreens Lifestyle Center is closed today. 	12:30p Tai Chi 26 (\$3) 1p Blood Pressure Checks 2p Jewelry Club	9:15a Chair Yoga 27 (\$3)(V) 10a Donuts with the Director 
9:15a AHOY (\$3) 30 (V) 1p Arthritis Foundation Exercise Program (\$4) 	9a Better Balance (\$3) 31 9:45a Advanced Better Balance (\$3) 11a Bingo * 1p Zumba Gold (\$4) 2p Games & Mahjong	<div style="text-align: center;"> <h1>December 2024</h1>   <p>A * next to an activity means registration is required by calling 336-373-4816 ext 280.</p> </div>		