



**CENTER FOR HEALTHY GENERATIONS  
ACTIVITIES ROOM CALENDAR  
DECEMBER 2021**

Web Site: [www.mbchg.org](http://www.mbchg.org)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 9:45am Floor/Chair Yoga	2 10:00am Low Impact Stretch Aerobics Class	3 9:00am Watercolor Class	4 1:00-7:00 Private Party NOP	
5	6 9:45am Floor/Chair Yoga 11:30-5:30 Chaparral Workshop NOP	7 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	8 9:45am Floor/Chair Yoga	9 10:00am Low Impact Stretch Aerobics Class 1:00pm Bunco	10 9:00am Watercolor Class 11:30—1:30 Retired Teachers Assoc.	11 9:00-3:00 Life Stream Blood Bank by Appointment only	
12	13 9:45am Floor/Chair Yoga 11:30-3:00 Chaparral NOP	14 10:00am Low Impact Stretch Aerobics Class 10:30 Dept. of Ageing 12:30-5:00 Bridge NOP	15 9:45am Floor/Chair Yoga 6:00-8:00 Lincoln Club	16 10:00am Low Impact Stretch Aerobics Class 1:00pm—Board Meeting 6:00pm—Old Car Club	17 9:00am Watercolor Class	18 9:00-3:00 Life Stream Blood Bank by Appointment only	
19	20 <b>CLOSED</b>	21 <b>CLOSED</b>	22 <b>CLOSED</b>	23 <b>CLOSED</b>	24 <b>CLOSED</b>	25 <b>CLOSED</b>	
26	27 <b>CLOSED</b>	28 <b>CLOSED</b>	29 <b>CLOSED</b>	30 <b>CLOSED</b>	31 <b>CLOSED</b>	<b>CLOSED</b>	
31	Bridge instruction is Available Massage is available by appointment 704-705-6360		All classes and activities are subject to change. Call to schedule Computer Classes		NOP - Not Open To Public		