



# Chesterfield Senior Center December 2011



Mon	Tue	Wed	Thu	Fri
	<p><b><i>*Registration is required.</i></b></p>	<p><b><i>**Registration and fee required with Recreation.</i></b></p>	<p><b>1</b> 8:45 AM-Low Impact* 10 AM-Chair Fitness* 11 AM-Line Dancing Beg.** 12 PM.-Line Dancing Intm.**</p>	<p><b>2</b> 9 AM-Chair Yoga <b>10:00– Decorate Xmas Tree</b> <b>10:30 AM -Wii-Bowling</b> 1 PM-Social Bingo</p>
<p><b>5</b> 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p><b>6</b> 9 AM-Low Impact* <b>10:30 AM-Jewelry**</b> <b>10:30 AM-Wii Bowling</b> 1 PM-Social Bingo</p>	<p><b>7 9:15 AM- Out to Breakfast at Shoney’s (Hull St.)</b> 11 AM-Water Aerobics Sheltering Arms-Twinridge Ln.</p>	<p><b>8</b> 8:45 AM-Low Impact* 10 AM-Chair Fitness*</p>	<p><b>9</b> 9 AM-Chair Yoga 1 PM-Social Bingo</p>
<p><b>12</b> 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p>13 9 AM-Low Impact* 1 PM-Social Bingo</p>	<p><b>14</b> 11 AM-Water Aerobics at Sheltering Arms-Twinridge Ln.</p>	<p><b>15</b> 8:45 AM-Low Impact* 10 AM-Chair Fitness* <b>11 AM-Prog/Plan. Cmte. Meet.</b></p>	<p>16 9 AM-Chair Yoga, <b>11 AM –Christmas Tea, \$4</b> <b><u>2:00 PM-Social Bingo</u></b></p>
<p><b>19</b> 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p><b>20</b> 9 AM-Low Impact* 1 PM-Social Bingo</p>	<p><b>21</b> 11 AM-Water Aerobics - Sheltering Arms-Twinridge Ln. <b>11:30 AM-Out to Lunch-Crazy Greeks (Busy St.)</b></p>	<p><b>22</b> 8:45 AM-Low Impact* 10 AM-Chair Fitness*</p>	<p><b>23 Holiday Closed!</b> </p>
<p><b>26 Holiday Closed!</b> </p>	<p><b>27</b> 9 AM-Low Impact* <b>10:30 AM-Wii Bowling</b> 12 PM-Ice Cream 1 PM-Social Bingo</p>	<p><b>28</b> 11 AM-Water Aerobics at Sheltering Arms-Twinridge Ln.</p>	<p><b>29</b> 8:45 AM-Low Impact* 10 AM-Chair Fitness* <b>1:30 PM-Movie-Eight Below</b></p>	<p><b>30</b> 9 AM-Chair Yoga <b>11 AM-New Years Eve Party Potluck!</b> <b><u>1:30 PM-Social Bingo</u></b></p>
<p><b>2</b> <b><u>Closed on</u></b>  <b><u>Mon, Jan. 2</u></b></p>		<p>The CSC is located at the Episcopal Church of Our Saviour. 9 a.m.—4 p.m.</p>	<p><b>4000 Stigall Dr.</b> <b>Midlothian, VA 23112</b> <b>(804) 767-6295</b></p>	<p><b>For more information contact Aaron Clay at 804-339-2877</b></p>