

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Pole Walking 9-10 am  Fit & Flex 10-11 am	<b>3</b> Gentle Yoga 9:30-10:30 am  <b>55+ Club Christmas Luncheon</b>	<b>4</b> Fit & Flex 10-11 am  CSF 11:10-12 noon	<b>5</b>	<b>6</b>	<b>7</b> Headingley Christmas Breakfast 7:30-10:30
<b>8</b>	<b>9</b>  Fit & Flex 10-11 am	<b>10</b> Gentle Yoga 9:30-10:30 am  <b>55+ 1:30-3:30pm</b>	<b>11</b> Fit & Flex 10-11 am  CSF 11:10-12 noon	<b>12</b>  <b>Cribbage 1:30-3:30 pm</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Pole Walking 9-10 am  Fit & Flex 10-11 am	<b>17</b>	<b>18</b> Fit & Flex 10-11 am  CSF 11:10-12 noon	<b>19</b>  <b>Cribbage 1:30-3:30 pm</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>  <i>Community Centre closed @ 12 pm</i>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

