



GLENWOOD 50+CENTER

DECEMBER 2019 EVENTS / PROGRAMS
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2 \$Energize HIT 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 History of Broadway 11 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	3 Exercise Registration \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$Pizza Lunch 12 Chinese Mahjong 1 \$Dessert Demo 2	4 Nutrition Consultation 9:30 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Lindbergh Kidnapping 11 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	5 \$Hatha Yoga 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 Pickle Ball 11 \$Line Dancing Beg 1 \$Line Dancing Inter 2 \$DIY Wreath 1:30	6 Meditation 8:30 Basketball \$Yoga 1/2 9 Pinochle 10 Pet Rock Holiday Show 11 Pickle Ball 12 \$DIY Wreath 1:30
9 \$Energize HIT 8:20 Ask the Pharmacist 9 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Holiday Fused Glass 2 \$Core Yoga 3	10 \$Hatha Yoga 9 Blood Pressure 9 New Members 9 Men's Roundtable 10 \$Gentle Yoga 10:15 Pickle Ball 11 Chinese Mahjong 1	11 \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 MAP Talk 10 \$Holiday DIY Workshop 10 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15 Senior Tech Solutions 3:30	12 \$Hatha Yoga 9 \$Qi Gong/Tai Chi 9 \$Reflexology 9 Genealogy 10 \$Gentle Yoga 10:15 Pickle Ball 11 Salad Bar 12 \$Line Dancing Beg 1 \$Line Dancing Inter 2	13 Meditation 8:30 Basketball \$Yoga 1/2 9 Pinochle 10 Star of Bethlehem 11 Salad Bar 12 Pickle Ball 12 Movie: Elf 1 Native American Talk Shawnee 1
16 \$Energize HIT 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	17 Cookie Sale \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1	18 Cookie Sale \$Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Civil War Series 10 \$Holiday Luncheon 11 Bridge 12:45 \$Prime Time 1 \$Gentle Yoga 2 \$Hatha Yoga 3:15	19 Cookie Sale \$Hatha Yoga 9 \$Reflexology 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$Line Dancing Beg 1 \$Line Dancing Inter 2	20 Meditation 8:30 Basketball \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12 \$Baked Potato Bar 12
23 \$Energize HIT 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	24 \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 \$HCC Course 1:30	25 CHRISTMAS DAY CLOSED 	26 \$Hatha Yoga 9 \$Reflexology 9 \$Qi Gong/Tai Chi 9 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 \$Line Dancing Beg 1 National Park Series 1 \$Line Dancing Inter 2	27 Meditation 8:30 Basketball 9 \$Yoga 1/2 9 Pinochle 10 Pickle Ball 12 Movie: The Farewell 1
30 \$Energize 8:20 Basketball 9 Pinochle 10 \$Pilates 9:30 Bridge 12:45 \$Prime Time 1 \$Core Yoga 3	31 \$Hatha Yoga 9 Men's Roundtable 10 \$Gentle Yoga 10:15 \$Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 \$HCC Course 1:30			