

December 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	 <p>Community Center 480-816-5200</p>	<p>www.fountainhillsaz.gov</p>		<p>8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 10:00a Medicare Consult* 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg 2:30P Legal Consult*</p>
<p>4 8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Medicare Consult* 10:00a Mens Discussion Grp 10:30a Conver. Spanish 11:00a Caregivers Support G 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards</p>	<p>5 8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Medicare Consult* 11:00a Amer Sign Lang 12:00p Blood Pressure Ck 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 1:00p Stress Managemnt 5:30p Table Tennis</p>	<p>6 8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 9:00a Care Cards 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco 6:30p Ukulele for Beginners</p>	<p>7 8:00a Peer Led/Aerobic 9:00a Video Gentle Yoga 9:00a Tech Time w/Mark 9:00a Canasta 9:30a Beg. Line Dance 10:00a Medicare Consult* 10:00a Open Paint Studio 10:00a Spanish Club 11:00a Dementia Series P4 11:00a Quilts & More 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 1:00p Golden Age of Radio 4:00p Poker 5:00p Open Paint Studio 5:00p Movie</p>	<p>8 8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 10:00a Medicare Consult* 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg</p>
<p>11 8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Mens Discussion Grp 10:30a Conver. Spanish 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards 5:30p Mystery Book Club</p>	<p>12 8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Memoir Group 11:00a Amer Sign Lang 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Table Tennis</p>	<p>13 8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:00p Womens Singles 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco</p>	<p>14 8:00a Peer Led/Aerobic 9:00a Video Gentle Yoga 9:00a Canasta 9:30a Beg. Line Dance 9:30a Memory Café 10:00a Open Paint Studio 10:00a Spanish Club 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 4:00p Poker 5:00p Open Paint Studio 5:00p Movie</p>	<p>15 8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg</p>
<p>18 8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Mens Discussion Grp 10:30a Conver. Spanish 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards</p>	<p>19 8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 11:00a Amer Sign Lang 12:00p Blood Pressure Ck 1:00p Bingo 1:00p Swingtime 1:00p Mah Jongg 1:00p Movie 5.30p Table Tennis</p>	<p>20 8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 9:00a Time 4-U 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco 6:30p Ukulele for Beginners</p>	<p>21 8:00a Peer Led/Aerobic 9:00a Video Gentle Yoga 9:00a Canasta 9:30a Beg. Line Dance 10:00a Open Paint Studio 10:00a Spanish Club 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards</p> <p>Community Center CLOSES AT 4:00 PM</p>	<p>22 8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 10:00a Medicare Consult* Community Center CLOSES AT NOON Community Center CLOSES AT NOON</p>
<p>25 Community Center CLOSED Community Center CLOSED</p>	<p>26 8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 11:00a Amer Sign Lang 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5.30p Table Tennis</p>	<p>27 8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco</p>	<p>28 8:00a Peer Led/Aerobic 9:00a Video Gentle Yoga 9:00a Canasta 9:30a Beg. Line Dance 10:00a Open Paint Studio 10:00a Spanish Club 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 4:00p Poker 5:00p Open Paint Studio 5:00p Movie</p>	<p>29 8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg</p>
<p>*Appointment needed Legal Consultations - December 1st- 2:30 pm * Caregivers Support Group - December 4th - 11:00 am Stress Management - December 5th - 1:00 pm Medicare Consultations - Dec 1st, 4th, 5th, 22nd- 10:00 am * Blood Pressure Ck - December 5th & 19th - 12:00 pm Care Cards - December 6th - 9:00 am</p>		<p>December Highlights</p>	<p>Tech Time w/Mark - December 7th - 9:00 am Dementia Series, Part 4 -December 7th - 11:00 am Golden Age of Radio - December 7th - 1:00 pm Memory Café - December 14th - 9:30 am Time For U - December 20th - 9:00 am Swingtime - Tuesday - December 19th - 1:00 pm</p>	