

December 2023

November 2023							January 2024						
<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>
29	30	31	1	2	3	4	31	1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	1	2	28	29	30	31	1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	28 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 1:00 PM - Care Committee Meeting	29 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	30 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg	1 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	2
3 2:00 PM - Respectfully Christmas	4 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - Member Meeting - CANCELLED	5 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 5:00 PM - TVSD Holiday Dinner Party	6 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	7 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 2:30 PM - Volunteer Shift (JFS)	8 Hanukkah (1st Day) 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	9 1:00 PM - Singles Network (SNAP)
10	11 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	12 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core 11:30 AM - Eating Well	13 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group 6:00 PM - Bunko	14 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 2:00 PM - Board Meeting	15 9:00 AM - IT Meeting -- IT Reorg 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	16
17	18 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	19 8:30 AM - Balance & Strengthening 9:45 AM - Balance & Strength +Core	20 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group 4:00 PM - Informational Happy Hour	21 Solstice 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg	22 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	23
24	25 Christmas 8:00 AM - VMC CLOSED FOR HOLIDAY	26 Kwanzaa (1st Day) 8:00 AM - VMC CLOSED FOR HOLIDAY	27 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:30 AM - Tai Chi (Live Instructor) 1:00 PM - Bridge Group	28 9:00 AM - Balance & Strengthening	29 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	30