



December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>	3 Decorate for Christmas 	4 Accessing Digital Resources from the Grace A Dow Library at 12:15 pm	5 <i>Silver Sneakers Class offered by North Family Center 1:00-1:55pm</i>	6 Suet Making 
9 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>	10 Set-up for the Christmas meal 	11 Christmas Meal Entertainment by Muzyka 	12 <i>Silver Sneakers Class offered by North Family Center 1:00-1:55pm</i>	13 Healthy Hints: What is Blood Pressure & Why it Matters
16 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>	17 BP Clinic 11:30-1 Kid's Christmas Bag Prep- before lunch Why Jane Austen at 12 pm	18 Pass out Kid's Christmas Bags- before lunch Santa's Secret Bag Game with prizes! 12 pm	19 <i>Silver Sneakers Class offered by North Family Center 1:00-1:55pm</i>	20 Birthday, Anniversary, and Christmas Party! White Elephant exchange 12:15
23 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>	24 Closed for Christmas Eve	25 Closed for Christmas	26 <i>Silver Sneakers Class offered by North Family Center 1:00-1:55pm</i>	27 
30 <i>Silver Sneakers Class by North Family Center 9-9:55 am</i>	31 Closed for new Year's Eve	1 Closed for New Year's Day	<p>*All Activities starting at 12:15 unless otherwise noted* Call 989-282-1622 or visit us online SeniorServicesMidland.org</p>	

Meals are available Tuesday, Wednesday and Friday at 11:30 am. Please call 989-282-1622 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs

- Tuesdays**
- Group Exercise with Natalie 10:45-11:15 am
- Wednesdays**
- Group Exercise with Natalie 10:45-11:15 am
 - Seasonal Treats unless otherwise noted
- Fridays**
- Group Exercise with Natalie 10:45-11:15 am

Activity Descriptions

Tues, Dec 3 • Decorate for Christmas

Wed, Dec 4 • Access Digital Resources from the Grace A Dow Memorial Library class at 12:15 pm

Fri, Dec 6 • Suet Making

Tues, Dec 10 • Set up for the Christmas meal

Wed, Dec 11 • Christmas Meal! Join for a special meal and entertainment by Muzyka

Fri, Dec 13 • Healthy Hints: What is Blood Pressure and Why it Matters at 12:15 pm

Tues, Dec 17 • BP Clinic, Help prep Kid's Christmas Bags before lunch. Special Presentation- Why Jane Austen at 12 pm

Wed, Dec 18 • Join the fun & pass out the Kid's Christmas Bags before lunch. After lunch we'll play a Santa's Secret Bag Game. Prizes included!

Fri, Dec 20 • Birthday, Anniversary AND Christmas Party! Bring a gift if you'd like to participate in a White Elephant Gift Exchange. Reservations are required. Please call to join us.

Closed for the Holidays on Dec 24, 25, 31 and Jan 1.



Mills Center
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SeniorServicesMidland.org