

# December Month- At Glance

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo
4 9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting	5 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean <i>** Pinecone Christmas Tree Activity</i>	6 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Bingo Quilting	7 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	8 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo <i>** PJ's and Movie Day</i>
11 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting	12 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	13 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting <i>** Bingo w/t Aveanna Hospice Rep. "Annette Hogan"</i>	14 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean <i>**Build Your Candy Apple Activity</i>	15  <i>**Luncheon In Greenville 11am-1pm</i>  <i>**Ugly Sweater Christmas Party 4pm-7pm</i>
18 9:45 am Seniorcise Chair Exercise w/t Ottis Option: 10:30 am Bingo Quilting	19 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean <i>** Wreath Decorating Activity</i>	20 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Quilting <i>** Bingo w/t Aveanna Hospice Rep. "Annette Hogan"</i>	21 9:30 am Line Dancing in Gym Option: 10:00 am Yoga w/t Marlean	22  <i>**Christmas Holiday (Center Closed)</i>
25  <i>**Christmas Day (Center Closed)</i>	26 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	27 9:45 am Seniorcise Chair Exercise w/t Ottis Option: Bingo Quilting	28 9:30 am Line Dancing in Gym Option: 10:00 am Corn Hole Bingo/Cards Board games Yoga w/t Marlean	29 9:00 am Pre-Ordered Breakfast Boardgames 9:00 am 10:30 am Bingo

121 Perry Street \* Manchester Ga 31816  
706-846-8086

\*manchester-ga.gov/senior  
Office Hours Monday-Friday (8am-4pm)

# Manchester Senior Center

*Recreation For  
Manchester Senior Participants  
55+*

*Arts and Crafts  
Bingo  
Board Games  
Card Games  
Chair Exercise  
Cornhole Toss  
Line Dancing  
Socializing  
Quilting*

*Lunch is provided daily at  
11:15 am  
\$3.00 contribution is greatly  
appreciated.*

*The use of an indoor gym is  
provided from  
8:00am until 12:00pm  
for you to enjoy your daily walk.*

*Fitness room open daily from  
8:00 am-4:00 pm*