

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Salon Appointments 10:00 Fitness Squad 11:00 Bingo at TSRC</p>	<p>3 7:00 Seneca Niagara Casino Day Trip 10:30 Chair Yoga 1:30 Tower Strong/H₂O Squad</p>	<p>4 8:00 Salon Appointments Center Closes at Noon for Staff Development Day No Lunch HOME DELIVERIES WILL STILL BE MADE</p>	<p>5 9:00 Instructional Beading 10:00 Fitness Squad 1:00 Open Beading or Sewing</p>	<p>6 8:00 Salon Appointments 8:45 Fresh Air Walkers 9:00 Shopping at Boscov's</p>
<p>9 8:30 Massage Therapy 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Crafts with Tammy</p>	<p>10 10:30 Chair Yoga 12:45 Program Meeting 1:30 Tower Strong/H₂O Squad 5:00 Holiday Light Chasing</p>	<p>11 8:00 Salon Appointments 9:00 Instructional Sewing 1:00 Open Beading or Sewing</p>	<p>12 9:00 Christmas Tree Store 10:00 Fitness Squad <i>Birthday Celebrations</i></p> 	<p>13 8:00 Salon Appointments 8:45 Fresh Air Walkers 1:00 Festival of Trees at Everson Museum</p>
<p>16 9:00 Salon Appointments 9:00 Salmon Run Mall 10:00 Fitness Squad</p>	<p>17 10:30 Chair Yoga 1:30 Tower Strong/H₂O Squad 5:00 Lights on the Lake/Heid's</p>	<p>18 8:00 Salon Appointments 9:00 Instructional Beading 11:45 Teyakhíshnyeḡ' Caregivers Training 1:00 Open Beading or Sewing</p>	<p>19 10:00 Fitness Squad 5:00 Elders Christmas Party at TSRC</p>	<p>20 8:00 Salon Appointments 8:45 Fresh Air Walkers 1:00 Wrapping Buddies</p>
<p>23 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Bingo</p>	<p>24 10:30 Chair Yoga 12:45 Program Meeting 1:00 Holiday Movie & Cookies in the Community Room 1:30 Tower Strong/H₂O Squad</p>	<p>25</p> 	<p>26 10:00 Fitness Squad 10:00 Movie Matinee and Brunch</p>	<p>27 8:00 Salon Appointments 8:45 Fresh Air Walkers 1:00 Bowling at Green Lakes Lanes</p>
<p>30 9:00 Salon Appointments 10:00 Fitness Squad 1:00 Card Games</p>	<p>31 10:30 Chair Yoga 1:30 Tower Strong/H₂O Squad 5:00 New Years Eve Potluck</p>	 <h1 style="text-align: center;">December</h1>  <p style="text-align: center;">2019</p>		