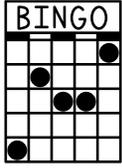


# DECEMBER 2025

172 Lake St Coventry, CT 06238

860-742-3525



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30- Footcare <b>1</b> w/ Kylie</p> <p>10:00- Chair Yoga</p> <p>11-Cribbage</p> 	<p>10:00- FREE <b>2</b> Workout Video</p>  <p>1:00- Bingo</p>	<p>9:30- Tai Chi <b>3</b></p> <p>10:45 Jam Session</p>  <p>1:00- Setback</p>	<p>9:30- Mahjongg <b>4</b></p> <p>10:00- FREE Workout Video</p>  <p>1:00- Sewing</p>	<p>10:30- coffee <b>5</b></p> 
<p>No Chair Yoga <b>8</b></p>  <p>10:30- Massage w/ Andrea</p> <p>11-Cribbage</p>	<p>10:00- FREE <b>9</b> Workout Video</p> <p>1:00- Bingo</p> 	<p>9:30- Tai Chi <b>10</b></p>  <p>1:00- Setback</p>	<p>9:30- Mahjongg <b>11</b></p> <p>10:00- FREE  Workout Video</p> <p>1:00- Sewing</p>	<p>10:00- Grief Support <b>12</b></p> 
<p>10:00- Chair Yoga <b>15</b></p> <p>11-Cribbage</p> <p>11:15-Crafting</p> 	<p>10:00- FREE <b>16</b> Workout Video</p> <p>1:00- Bingo</p>  <p>2:00- Tech Tuesday</p>	<p>9:30- Tai Chi <b>17</b></p> <p>10:45- Jam Session</p> <p>11:30- Out to Lunch</p> <p>1:00- Setback</p> <p>1:30- Bookclub</p>	<p>9:30- Mahjongg <b>18</b></p> <p>10:00- FREE Workout Video</p>  <p>1:00- Sewing</p>	<p>9:30- Haircuts <b>19</b></p> <p>10:00a- Holiday Sing-Along</p> 
<p>10:00- Chair Yoga <b>22</b></p>  <p>11:00 Massage w/ Jackie</p> <p>11:00-Cribbage</p>	<p> <b>23</b></p> <p>10:00- FREE Workout Video</p> <p>1:00- Bingo</p>	<p><b>24</b></p>  <p style="text-align: center;"><b>Closed</b></p>	<p><b>25</b></p>  <p style="text-align: center;"><b>Closed</b></p>	<p><b>26</b></p>  <p style="text-align: center;"><b>Closed</b></p>
<p><b>29</b></p> <p>No Chair Yoga</p>  <p>11-Cribbage</p>	<p>10:00- FREE <b>30</b> Workout Video</p> <p>1:00- Bingo</p> 	<p>9:30- Tai Chi <b>31</b></p>  <p>1:00- Setback</p>	<p><b>1</b></p> <p style="text-align: center;"><i>Happy New Year</i></p> <p style="text-align: center;"><b>Closed</b></p>	<p>10:30- coffee <b>2</b></p> 