



Chesterfield Senior Center December 2011



Mon	Tue	Wed	Thu	Fri
	<p><i>*Registration is required.</i></p>	<p><i>**Registration and fee required with Recreation.</i></p>	<p>1 8:45 AM-Low Impact* 10 AM-Chair Fitness* 11 AM-Line Dancing Beg.** 12 PM.-Line Dancing Intm.**</p>	<p>2 9 AM-Chair Yoga 10:00– Decorate Xmas Tree 10:30 AM -Wii-Bowling 1 PM-Social Bingo</p>
<p>5 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p>6 9 AM-Low Impact* 10:30 AM-Jewelry** 10:30 AM-Wii Bowling 1 PM-Social Bingo</p>	<p>7 9:15 AM- Out to Breakfast at Shoney’s (Hull St.) 11 AM-Water Aerobics Sheltering Arms-Twinridge Ln.</p>	<p>8 8:45 AM-Low Impact* 10 AM-Chair Fitness*</p>	<p>9 9 AM-Chair Yoga 1 PM-Social Bingo</p>
<p>12 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p>13 9 AM-Low Impact* 1 PM-Social Bingo</p>	<p>14 11 AM-Water Aerobics at Sheltering Arms-Twinridge Ln.</p>	<p>15 8:45 AM-Low Impact* 10 AM-Chair Fitness* 11 AM-Prog/Plan. Cmte. Meet.</p>	<p>16 9 AM-Chair Yoga, 11 AM –Christmas Tea, \$4 <u>2:00 PM-Social Bingo</u></p>
<p>19 10 AM-Hobby Central 11:15 AM-Chair Fitness* 12:30 PM-Cards/Games</p>	<p>20 9 AM-Low Impact* 1 PM-Social Bingo</p>	<p>21 11 AM-Water Aerobics - Sheltering Arms-Twinridge Ln. 11:30 AM-Out to Lunch-Crazy Greeks (Busy St.)</p>	<p>22 8:45 AM-Low Impact* 10 AM-Chair Fitness*</p>	<p>23 Holiday Closed! </p>
<p>26 Holiday Closed! </p>	<p>27 9 AM-Low Impact* 10:30 AM-Wii Bowling 12 PM-Ice Cream 1 PM-Social Bingo</p>	<p>28 11 AM-Water Aerobics at Sheltering Arms-Twinridge Ln.</p>	<p>29 8:45 AM-Low Impact* 10 AM-Chair Fitness* 1:30 PM-Movie-Eight Below</p>	<p>30 9 AM-Chair Yoga 11 AM-New Years Eve Party Potluck! <u>1:30 PM-Social Bingo</u></p>
<p>2 <u>Closed on</u>  <u>Mon, Jan. 2</u></p>		<p>The CSC is located at the Episcopal Church of Our Saviour. 9 a.m.—4 p.m.</p>	<p>4000 Stigall Dr. Midlothian, VA 23112 (804) 767-6295</p>	<p>For more information contact Aaron Clay at 804-339-2877</p>