

# December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 pm V.O.N. SMART Exercise Program	2
3	4 1:00 pm SALC Guitar Jammers Program at Seniors Active Living Centre	5 1:30 pm Ukulele Meet up	6 9:30 am Social Walking Group - Poles or No poles  1:00 pm Senior Active Living Centre Games, Chats and Social  1:00 pm V.O.N. SMART Exercise Program	7 1:00 pm Hobby Lobby meet up	8 1:00 pm V.O.N. SMART Exercise Program	9
10	11 1:00 pm SALC Guitar Jammers Program at Seniors Active Living Centre	12 1:30 pm Ukulele Meet up	13 9:30 am Social Walking Group - Poles or No poles  1:00 pm Senior Active Living Centre Games, Chats and Social  1:00 pm V.O.N. SMART Exercise Program	14	15 1:00 pm V.O.N. SMART Exercise Program  6:30 pm 55+ Holiday Hoe Down	16
17	18	19	20 1:00 pm V.O.N. SMART Exercise Program  1:00 pm Senior Active Living Centre Games, Chats and Social	21	22 1:00 pm V.O.N. SMART Exercise Program  6:00 pm Holiday Cuisine	23
24	25	26	27	28	29	30
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