



# December 2023

## The Wells Ogunquit Senior Center



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|  |  |  |  |   |  |  |  |
|--|--|--|--|---|--|--|--|
|  | <p><b>“Welcome, December”</b><br/>         New month, new chapter, new page &amp; new wishes.<br/>         May the month give you courage, strength, confidence, patience, and peace.<br/>         May every day in December be filled with hope, love, sunshine, and energy.<br/>         Let there be joy, fun, and laughter. Unknown<br/>         — unknown</p> |  |  |   | <p>Calendar scheduled to change without notice.<br/>         ***If there's no school due to inclement weather the Senior Center will also be closed - if in doubt call ahead</p>   | <p><b>1</b><br/>         9am Yoga<br/>         9-12:30pm Pinochle<br/>         11:30-2:30pm Mah Jongg<br/>         1pm Dominos</p> | <p><b>2</b> <b>Christmas Fair</b><br/> <b>10am-2pm</b><br/>         Baked items from our members<br/>         Craft vendors- buy local</p> |
| <p><b>3</b><br/>         10am <b>Shores Church</b></p>   | <p><b>4</b><br/>         8:30am Meditation<br/>         9-9:45am Yoga<br/>         9:45pm Chair Yoga<br/>         1-2:30pm Beginner Line dancing (\$3 Members, \$5 Non-Members)<br/>         1-3pm Hand and Foot card game<br/>         2-4pm “45’s” card game w/Jerry</p>   | <p><b>5</b><br/>         9-10am Healthy eating group<br/>         10:30-11:30am Exercise<br/>         12-3pm Friendly Rubber Bridge<br/>         12-4pm Rug hooking group<br/> <b>5-7pm-Billy’s Christmas Dinner</b><br/> <b>*** Parking allowed on one side of Mile road-Chief of Police - OK Car pool from our parking lot</b></p> | <p><b>6</b><br/>         8:30am Meditation<br/>         9am Yoga<br/>         11:30-2:30pm Mah Jongg<br/>         12:30-2:30pm Craft Room<br/>         1-3pm Cribbage</p>  | <p><b>7</b><br/> <br/>         10:30-11:30 Exercise<br/>         11-3pm Duplicate Bridge<br/>         1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)</p>   | <p><b>8</b><br/>         9am Yoga<br/>         9-12:30pm Pinochle<br/> <b>10-11am Senior driving - FREE</b><br/>         Sponsored by AAA &amp; Ogunquit Police Department<br/>         Sign up by 12-5th<br/>         11:30-2:30pm Mah Jongg<br/>         1pm Dominos</p>   | <p><b>9</b></p>  |  |
| <p><b>10</b><br/>         10am <b>Shores Church</b></p>  | <p><b>11</b><br/>         8:30am Meditation<br/>         9-9:45am Yoga<br/>         9:45pm Chair Yoga<br/>         1-2:30pm Beginner Line dancing (\$3 Members, \$5 Non-Members)<br/>         1-3pm Hand and Foot card game<br/>         2-4pm “45’s” card game w/Jerry</p>  | <p><b>12</b><br/>         9-10am Healthy eating group<br/> <b>10:30-11:30am NO Exercise</b><br/>         11:30-1pm <b>Christmas Meal</b> - sponsored by Avita of Wells<br/>         \$10 members/ \$12 Guest<br/>         rsvp by Dec. 6th<br/>         Limit 70</p>   | <p><b>13</b><br/>         8:30am Meditation<br/>         9am Yoga<br/>         12-4pm Rug Hooker group<br/>         11:30-2:30pm MahJongg<br/>         1-3pm Cribbage</p>  | <p><b>14</b><br/>         10:30-11:30 Exercise<br/>         11-3pm Duplicate Bridge<br/>         1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)</p>  | <p><b>15</b><br/>         9am Yoga<br/>         9-12:30pm Pinochle<br/> <b>10-12pm Paul is an armchair theologian with experience in music-A Musical Celebration of the Holidays</b><br/>         Offered by South coast Senior College<br/>         11:30-2:30pm Mah Jongg<br/>         1pm Dominos<br/>         3:30-5pm <b>100 Club</b></p> | <p><b>16</b></p>   |  |
| <p><b>17</b><br/>         10am <b>Shores Church</b></p>  | <p><b>18</b><br/>         8:30am Meditation<br/>         9-9:45am Yoga<br/>         9:45pm Chair Yoga<br/>         11-12pm Book Club- reviewing Winter Street<br/>         1-2:30pm Beginner Line dancing (\$3 Members, \$5 Non-Members)<br/>         1-3pm Hand and Foot card game<br/>         2-4pm “45’s” card game w/Jerry</p>                                | <p><b>19</b><br/>         9-10am Healthy Eating group<br/>         10:30-11:30am Exercise<br/>         12-3pm Friendly Rubber Bridge<br/>         12-4pm Rug hooking group<br/>         4-5:30pm Game night</p>  | <p><b>20</b><br/>         8:30am Meditation<br/>         9am Yoga<br/>         11:30-2:30pm Mah Jongg<br/>         12:30-2:30pm Craft Room<br/>         1-3pm Cribbage</p> | <p><b>21 First Day of Winter</b><br/>         10:30-11:30 Exercise<br/>         11-3pm Duplicate Bridge<br/> <b>1:30pm Yankee Swap -\$15</b><br/>         Rsvp by 12-15th-sign- join in the fun!!!<br/>         - Sponsored by Home Instead<br/> <b>4-5:30 Board of Directors Meeting</b></p> | <p><b>22</b><br/>         9am Yoga<br/>         9-12:30pm Pinochle<br/>         11:30-2:30pm Mah Jongg<br/>         1pm Dominos</p>  | <p><b>23</b><br/> <b>5pm Shores Church Celebrating Christmas EVE EVE Service</b></p>   |  |
| <p><b>24</b><br/>         10am <b>Shores Church</b></p> <p>---<br/> <b>31</b><br/> <br/>         10am <b>Shores Church</b></p> | <p><b>25 Senior Center closed</b></p>  | <p><b>26</b><br/>         9-10am Healthy Eating group<br/>         10:30-11:30am Exercise<br/>         12-4pm Rug hooking group<br/>         12-3pm Friendly Rubber Bridge<br/>         4-5:30pm Game night</p>  | <p><b>27</b><br/>         8:30am Meditation<br/>         9am Yoga<br/>         11:30-2:30pm Mah Jongg<br/>         12:30-2:30pm Craft Room<br/>         1-3pm Cribbage</p> | <p><b>28</b><br/>         10:30-11:30 Exercise<br/>         11-3pm Duplicate Bridge<br/>         1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)</p>  | <p><b>29</b><br/>         9am Yoga<br/>         9-12:30pm Pinochle<br/>         11:30-2:30pm Mah Jongg<br/>         1pm Dominos</p>  | <p><b>30 *Gigi Pelletier</b></p>   |  |