

November 2022 | Centennial Recreation Center

MON	TUE	WED	THU	FRI	SAT	SUN
	1 10am Quilters	2 10:15am Mindfulness** 11am T'ai Chi 12pm Red Hats 12pm Quilters 1pm Wellness Workshop*	3 11am Adult Open Gym* 12pm Duplicate Bridge 1pm Game On!*	4 12:30 pm Men's Support Group**	5	6
7 9:30am Motown (COD program)* 11 am Adult Open Gym* 11am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga	8 10am Quilters 11:30am Line Dancing*	9 10am Watercolor Autumn Landscape* 10:15am Mindfulness** 11am T'ai Chi* 12pm Quilters 1pm Wellness Workshop*	10 10am Caregiver Support Group** 11am Adult Open Gym* 12pm Duplicate Bridge	11 10am Bingo* 12:30pm Mental Flexibility	12	13
14 9:30am Motown (COD program)* 9:30am Recreating the Masters* 11am Adult Open Gym* 11:30am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga	15 10am Quilters 11:30am Line Dancing*	16 10:15am Mindfulness** 11am T'ai Chi* 12pm Quilters 1pm Wellness Workshop*	17 11am Adult Open Gym* 12pm Duplicate Bridge	18 11:30am Thanksgiving Luncheon* 12:30pm Men's Support Group**	19	20
21 9:30am Motown (COD program)* 11am Adult Open Gym* 11:30am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga*	22 10 am Quilters 11:30am Line Dancing*	23 10:15am Mindfulness** 11am T'ai Chi* 12pm Quilters 1pm Wellness Workshop*	24 Closed in Observance of Thanksgiving Day	25 Closed in Observance of Day After Thanksgiving	26	27
28 11am Adult Open Gym* 11:30am Pinochle 1:45pm Mindfulness** No Chair Yoga	29 10am Quilters 11:30am Line Dancing*	30 Paramount Theatre Trip – Sound of Music* 10:15am Mindfulness** 12pm Quilters 1pm Wellness Workshop*	<p>*Requires Registration. EPD Program. Call 630-993-8193 for more information or to register.</p> <p>**Requires Registration. Metropolitan Family Service Program. Call 331-871-5537 for more information or to register.</p>			

December 2022 | Centennial Recreation Center

MON	TUE	WED	THU	FRI	SAT	SUN
			1 10am Game On!* 11am Adult Open Gym* 5:30pm Tree Lighting in Wilder Park	2 12:30pm Men's Support Group**	3	4
5 11am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga*	6 10am Quilters 11:30am Line Dancing*	7 Christmas Bakery Bus Trip* 10am Rules of the Road* 10:15am Mindfulness** 11am T'ai Chi for Health* 12pm Quilters 12pm Red Hats 1pm Wellness Workshop*	8 10am Caregiver Support Group** 11am Adult Open Gym* 12pm Duplicate Bridge	9 10am Bingo* 12:30pm Mental Flexibility**	10	11
12 9:30am Recreating the Masters* 11am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga*	13 10am Quilters 11:30am Line Dancing*	14 10:15am Mindfulness** 11am T'ai Chi for Health* 12pm Quilters	15 11:30am Holiday Gala at the Diplomat West* 12pm Duplicate Bridge	16 12:30pm Men's Support Group**	17	18
19 11am Pinochle 1:45pm Mindfulness** 2:30pm Chair Yoga*	20 10am Quilters	21 10:15am Mindfulness** 11am T'ai Chi for Health* 12pm Quilters	22 10am Caregiver Support Group** 12pm Duplicate Bridge	23 Closed in Observance of Christmas Eve	24	25
26 Closed in Observance of Christmas Day	27 10am Quilters	28 12pm Quilters	29 12pm Duplicate Bridge	30 Closed in Observance of New Year's Eve	31	1/1
Jan. 2 Closed in Observance of New Year's Day			<p>*Requires Registration. EPD Program. Call 630-993-8193 for more information or to register.</p> <p>**Requires Registration. Metropolitan Family Service Program. Call 331-871-5537 for more information or to register.</p>			