East Columbus Senior Center Activities December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Fitness Room 11:00 Cardio Drum 12:00 Lunch December	3 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades	4 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Ensure Sold Daily	5 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch	6 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts
9 9:00 Fitness Room 11:00 Cardio Drum 12:00 Lunch Nonday LET'S DO THIS: Ensure Sold Daily	10 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades	11 9:00 Fitness Room 11:00 Bingo 12:00 Lunch Brown Content Ensure Sold Daily	12 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Cards	13 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts
16 9:00 Fitness Room 11:00 Cardio Drum 12:00 Lunch Amazing Grace Amazing Grace Amazing Grace Amazing Grace Bow Sweet Bow The Sound Ensure Sold Daily	17 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades Whist Drive Ensure Sold Daily	18 9:00 Fitness Room 11:00 Bingo W/Germaine 12:00 Lunch	19 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch	20 9:00 Exercise 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts Ensure Sold Daily
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
30 CLOSED	31 CLOSED	GOODBYE DECEMBER		HAPPY NEW NEW YEAR'S

For More Information: Adriane Mosley@910-655-4754 adriane.mosley@columbusco.org Nutrition - Diane Young