


December 2023- Sunshine Hill Neighbors Seniors MTM Center - 18 School St, Lisbon Falls 353-0646

Mon	Tue	Wed	Thu	Fri
				1 <u>Breakfast</u> <u>7:30-9:00 am</u> <u>Eggs, bacon,</u> <u>sausage, French</u> <u>toast, home fries</u>
4 <u>Cribbage @ 9:00</u> <u>Coffee & Snacks</u>	5 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>**Trip- Sate House</u> <u>and Blaine House</u>	6 <u>**Gentle Yoga Flow</u> <u>9:00-10:00 AM</u> <u>\$60.00 -6 wks</u> <u>or \$12.00 drop-in</u>	7 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>Knitting group 1-3</u>	8 <u>Lunch @ 12:00</u> <u>Pork Loin, mashed</u> <u>potatoes, veggies</u> <u>Coffee and Dessert</u>
11 <u>Cribbage @ 9:00</u> <u>Coffee & Snacks</u>	12 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u>	13 <u>**Gentle Yoga Flow</u> <u>9:00-10:00 AM</u> <u>\$60.00 -6 wks</u> <u>or \$12.00 drop-in</u>	14 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>Knitting group 1-3</u> <u>**Trip- Gardens</u> <u>A-Glow/dinner</u> <u>depart @ 2:45</u> <u>return by 7:30/8:00</u>	15 <u>Breakfast</u> <u>7:30-9:00 am</u> <u>Eggs, bacon,</u> <u>sausage, French</u> <u>toast, pancake</u> <u>home fries</u>
18 <u>Cribbage @ 9:00</u> <u>Coffee & Snacks</u>	19 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>**Trip- Casino and</u> <u>Breakfast depart</u> <u>@ 7:45 return 3:00</u>	20 <u>**Gentle Yoga Flow</u> <u>9:00-10:00 AM</u> <u>\$60.00 -6 wks</u> <u>or \$12.00 drop-in</u>	21 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>Knitting group 1-3</u>	22 <u>Lunch @ 12:00</u> <u>Christmas Dinner</u> <u>Ham, mashed</u> <u>potatoes, veggies</u> <u>Coffee and Dessert</u>
25 	26 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u>	27 <u>**Gentle Yoga Flow</u> <u>9:00-10:00 AM</u> <u>\$60.00 -6 wks</u> <u>or \$12.00 drop-in</u>	28 <u>Silver & Gold</u> <u>Silver/sneaker</u> <u>Fitness</u> <u>8:30-9:30</u> <u>Knitting group 1-3</u>	29 <u>NO</u> <u>BREAKFAST</u> <u>OR LUNCH</u>

January Meals Breakfast Jan 3rd & 17th Lunch- Jan 10th & 24th