


Ellington Senior Center Events Calendar DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(Z) Zoom ID: 251 344 4651</p> <p>(FB): Facebook Live</p> <p>Also find us on YouTube</p>	1	2	3	4
	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:00pm Stay On Your Feet On The Ice & Snow (**) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10am Understanding Arthritis Program (**) 10:30am Chair Yoga (Z,FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 12pm Smithsonian Wreath (**) 1pm Senior Housing 101 with Rebecca Stack (Z,FB)	10am How to Create a Houseparty Account (**)
7	8	9	10	11
9am Chess 3pm 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 10:00am Helpful Hints for Happy Holidays (**) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) Deadline to Sign Up for Holiday Grab Bag	10am Uno on Houseparty (**) 6pm CONNetic Dance: Nutcracker Suite & Spicy (**)
14	15	16	17	18
9am Chess 3pm 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 12pm Wadsworth (**) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1-2pm Cookies, Carols, & Candy Canes & Grab Bag Pick Up (Prior reg. required)	1-2:30pm State-Wide Virtual Holiday Bash (**)
21	22	23	24	25
9am Chess 3pm 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB)	NO LIVE EXERCISE CLASSES Christmas Eve Closed at Noon	
28	29	30	31	
9am Chess 3pm 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB) 1pm Quick Draw on Houseparty (**) 	NO LIVE EXERCISE CLASSES	**Call or email us to register** ID and Password will be given upon registration. See MSM for details.