

December 2019

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
1	2 Senior Exercise 9:30 am CK Newsome	3	4 Senior Exercise 9:30 am CK Newsome	5	6 Senior Exercise 9:30 am CK Newsome	7 CLEAN EVANSVILLE – Washington Square Mall Area
8	9 Senior Exercise 9:30 am CK Newsome	10	11 Senior Exercise 9:30 SOUP & SALAD CARRY IN 10:30-12:30	12	13 Senior Exercise 9:30 am CK Newsome	14 ENERGIZE EVANSVILLE – Evansville Tennis Center 9:00am
15	16 Senior Exercise 9:30 am CK Newsome	17	18 Senior Exercise 9:30 am CK Newsome	19	20 Senior Exercise 9:30 am CK Newsome	21
22	23 Senior Exercise 9:30 am CK Newsome	24	25 NO EXERCISE CLASS	26	27 NO EXERCISE CLASS	28
29	30 Senior Exercise 9:30 am CK Newsome	31	January 1 NO EXERCISE CLASS	January 2	January 3 NO EXERCISE CLASS	30

Contact Holly
with questions at
Office 812-435-6162
Mobile 812-483-7948

Senior Exercise
Class with Holly
CK Newsome 100 E Walnut St.
Mon/Wed/Fri 9:30 am

Bring water and wear comfortable exercise shoes.
Exercise class recommended to those 50 & over.
Equipment Provided Cost: Donation