





Ipswich Senior Center

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Ping Pong Gym 9:30 Scrabble COA 9:30 Small World Preschool COA 1:00 Arthritis Exercise Zoom 1:30 Crochet 4/6 COA	2 Sign up today 10 AM 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:30 Tai Chi Market ST. 10:30 Seated Yoga COA 1:30 Tech Help COA 1:30 Cribbage/Rummikube COA 1:30 Pickleball Gym 4:00 50+ Basketball Gym	3 9:15 Watercolor Class 6/6 COA 10:30 Blood Pressure COA 12:00 Van Trip COA 1:00 Bridge ~ Mah Jongg COA 1:00 Canasta COA
6 9:00 Ping Pong Gym 9:30 Writing Group 3/5 Virtual 10:00 Line Dancing COA 10:00 Drawing 5/6 COA 10:00 Grief Support 5/6 COA 1:30 Stretch, Strength, Bal. Gym 1:30 Rummikube COA 3:30 Pickleball COA	7 9:00 Exercise COA 10:00 Chess COA 10:30 Resource COA 10:30 Tai Chi Market St. 1:00 Knitting COA 1:30 Card Making COA	8 9:00 Bingo COA 9:00 Wreath making COA 9:00 Ping Pong Gym 9:30 Scrabble COA 9:30 Men's Corner COA 1:00 Arthritis Exercise Zoom 1:30 Crochet 5/6 COA	9 9:00 Exercise Gym 9:00 Chess COA 10:00 Dominoes COA 10:30 Tai Chi Market St 10:30 Seated Yoga COA 12:00 Holiday Luncheon COA 1:30 Cribbage / Rummikube COA 1:30 Pickleball Gym 4:00 50+ Basketball Gym	10 9:00 Podiatry COA 10:00 Mobile Market COA 10:30 Blood Pressure COA 12:00 Van Trip COA 1:00 Bridge ~ Mah Jongg COA 1:00 Canasta COA
13 9:00 Ping Pong Gym 9:30 Writing Group 4/5 Virtual 10:00 Line Dancing COA 10:00 Drawing 6/6 COA 10:00 Drawing 6/6 COA 1:00 Library Presentation COA 1:30 Stretch, Strength, Bal Gym 1:30 Rummikube COA 3:30 Pickleball Gym	14 9:00 Exercise COA 9:00 Chess COA 9:00 Podiatry COA 10:00 Low Vision Group COA 10:30 Tai Chi Market St. 1:00 Knitting COA 2:00 A Christmas Carol Gym	15 Day Trip 9:00 Ping Pong Gym 9:30 Scrabble COA 10:00 Tech Help COA 10:30 Memory Café COA 1:00 Self Defense Zoom 1:00 Arthritis Exercise Zoom 1:30 Crochet 6/6 COA	16 9:00 Exercise ~ Chess COA 9:00 Legislative Aide COA 10:00 Dominoes COA 10:30 Tai Chi Market St. 10:30 Seated Yoga COA 12:00 Holiday Luncheon COA 1:00 Harp Performance COA 1:30 Cribbage / Rummikube COA 1:30 Pickleball Gym 4:00 50+ Basketball Gym	17 9:00 Reiki COA 10:30 Blood Pressure COA 12:00 Van Trip COA 1:00 Bridge ~ Mah Jongg COA 1:00 Canasta COA
20 9:00 Ping Pong Gym 9:30 Writing Group 5/5 Virtual 10:00 Line Dancing COA 11:15 King of the Road COA 12:30 Atty Time Phone 1:30 Stretch, Strength, Bal. Gym 1:30 Rummikube COA 3:30 Pickleball Gym	21 9:00 Exercise COA 9:00 Chess COA 10:30 Ted Talk COA 10:30 Tai Chi Market St. 12:00 Holiday Luncheon COA 1:00 Knitting COA	22 9:00 Bingo COA 9:00 Ping Pong Gym 9:30 Scrabble COA 1:30 Arthritis Exercise Zoom	23 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:30 Tai Chi Market St. 10:30 Seated Yoga COA 1:30 Cribbage / Rummikube COA 1:30 Pickleball Gym 4:00 50+ Basketball Gym	24 Closed For Christmas 
27 	28 9:00 Exercise COA 9:00 Chess COA 9:00 Polarity COA 10:30 Tai Chi Market St 1:00 Knitting COA	29 9:00 Ping Pong Gym 9:30 Scrabble COA 1:30 Arthritis Exercise Zoom	30 9:00 Exercise ~ Chess COA 10:00 Dominoes COA 10:30 Tai Chi Market St 10:30 Seated Yoga COA 1:30 Cribbage / Rummikube COA 1:30 Pickleball Gym 4:00 50+ Basketball Gym	31 