

December 2011 - Garfield Park Community Gym - Schedule of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>9:30 a.m.</u> Stretch and Flex <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	2 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball
5 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball	6 <u>10:30 a.m.</u> A Grande Skein Yarn Shop <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	7 <u>1:00 p.m.-2:30 p.m.</u> Pickleball	8 <u>9:30 a.m.</u> Stretch and Flex <u>10:30 a.m.</u> Wrap it up! <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	9 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball
12 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball	13 <u>10:30 a.m.</u> Dealing with Grief During the Holidays <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	14 <u>1:00 p.m.-2:30 p.m.</u> Pickleball	15 <u>Open House</u> <u>9:30 a.m.</u> Yoga <u>10:00 a.m.</u> Stretch and Flex <u>10:30 a.m.</u> Humorous Holiday Essays, Coffee <u>11:30 a.m.-</u> Pickleball and Walking	16 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball
19 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball	20 <u>10:30 a.m.</u> Ping Pong <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	21 <u>1:00 p.m.-2:30 p.m.</u> Pickleball	22 <u>9:30 a.m.</u> Stretch and Flex <u>10:30 a.m.</u> Holiday Coffee <u>11:30 a.m.-1:00 p.m.</u> Walking in Winter	23 <u>12:00 p.m.-1:30 p.m.</u> Open Gym 21+ Half-court Basketball
26 Garfield Park Community Gym Closed Happy Holidays!	27 Garfield Park Community Gym Closed Happy Holidays!	28 Garfield Park Community Gym Closed Happy Holidays!	29 Garfield Park Community Gym Closed Happy Holidays!	30 Garfield Park Community Gym Closed Happy Holidays!

For more details visit www.grcity.us/parksandrec and click on the Recreation tab and scroll down to the Program for Older Adults. You can also get a schedule sent to you by calling (616) 456-3232. "Like" us on Facebook.