

| December | | Aging Ahead Affton Senior Center | | | | | | 2025 | |
|----------|--|--|--|-----------|--|----------|--|--------|--|
| | | 314-544-5100 8520 Mackenzie Rd, Affton, MO 63123 | | | | | | | |
| | | Senior Center Activities | | | | | | | |
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| 1 | 10:00 Bingo 11:30 Lunch 1:00 Mexican Train Dominoes | 2 | 9:00 Walking Club 10:00 Bingosize w/ Amber S-erra 11:30 Lunch | 3 | 11:30 Lunch 1:00 Chair Exercises | 4 | 11:30 Lunch 2:00 H.O.P.E Knitters & Crafters | 5 | 10:00 Bingo 1:00 Chair Yoga Vitality Ballet |
| 8 | 10:00 Bingo 11:30 Lunch 1:00 Mexican Train Dominoes | 9 | 9:00 Walking Club 10:00 Bingosize w/ Amber S-erra 11:30 Lunch | 10 | 11:30 Lunch | 11 | 10:00 Bingosize w/ Amber S-erra 11:30 Lunch 2:00 H.O.P.E Knitters & Crafters | 12 | 10:00 Bingo GVS 11:30 Lunch 1:00 Chair Yoga Vitality Ballet |
| 15 | 10:00 Bingo 11:30 Lunch 1:00 Mexican Train Dominoes | 16 | 10:00 Bingosize w/ Amber S-erra 11:30 Lunch Watercolor w/Linda 12:30-1:30 | 17 | 11:30 Lunch | 18 | 10:00 Bingosize w/ Amber S-erra 11:30 Lunch 2:00 H.O.P.E Knitters & Crafters | 19 | 10:00 Bingo Archwell Health 11:30 Lunch 1:00 Chair Yoga Vitality Ballet |
| 22 | 10:00 Bingo 11:30 Lunch 1:00 Mexican Train Dominoes | 23 | 10:00 Bingosize w/ Amber S-erra 11:30 Lunch | 24 | 11:30 Lunch 12:15 Birthday Celebration 12:30 Jewelry Education w/ John | 25 | Aging Ahead Closed Happy Thanksgiving! 2:00 H.O.P.E Knitters & Crafters | 26 | Closed For Holiday |
| 29 | Please Note that the activities schedule is subject to change, with additions or cancellations possible at any time Please Note | 30 | 10:00 Bingosize w/ Amber S-erra 11:30 Lunch | 31 | 11:30 Lunch | | Please Note that the activities schedule is subject to change, with additions or cancellations possible at any time Please Note | | THE SUGGESTED DONATION for SENIOR MEALS is \$8.00. ANY DONATION IS APPRECIATED!! |