























Aging Ahead Union Senior Center				2025	
1329 N. Union Ave, Union, MO ~~~ 636-583-5432					
Congregate Activity Calendar					
Monday		Tuesday	Wednesday	Thursday	Friday
1 Chair Yoga @ 9:00 Wits Workout 10:30 EXERCISE 		2 BINGO 9 am -11 am  Card Party 11:30-2:30	3 BINGO 9 am -11 am 	4 DOMINOES PUZZLES GAMES CARDS	5 Chair Yoga @ 9 am Story Time w/ Jane Sellier 10-11:20 Christmas Card Craft 10 am -11 am
8 Chair Yoga @ 9:00 Senior  Puzzles, Games, Cards and Dominos Available		9 Binqo 9-11 ~~~~~ Card Party 11:30-2:30 	10 BINGO 9 am -11 am 	11 Kasey w/ Tech Help 9 am -11 am ----- Music & Dancing with MONTY LUKE 10 am-11:30 	12 Chair Yoga @ 9 am 
15 Chair Yoga @ 9:00 Senior Chair Exercises 		16 Binqo 9-11  Card Party 11:30-2:30	17 BINGO 9 am -11 am 	18 Music with the WashMo Blues Band 10 am - 11 am Puzzles, Games, Cards and Dominos Available 	19 Chair Yoga @ 9 am Storytime 10 am w/ Jane Sellier 
22 Chair Yoga @ 9:00 		23 BINGO!! 9-11  ***** Card Party 11:30-2:30	24 BINGO!! 9-11 	25 ~~~CENTER~~ ~~~CLOSED~~ 	26 Chair Yoga @ 9 am 
29 Chair Yoga @ 9:00 		30 Binqo 9-11  Card Party 11:30-2:30	31 NEW YEARS EVE 9 AM -11 AM  *Bring a wrapped Bingo Prize*	1 **Center Closed** 	2 Have an activity you would like to lead? Have a talent you would like to SHARE? Have an exercise you would like to teach? Let us Know!!
ACTIVITIES SUBJECT TO CHANGE					