



## RESIDECE JBER





CAC = Carpinteria Arts Center located at 865 Linden Ave. GranVida is located at 5464 Carpinteria Ave.

VH= Veteran's Hall Building located at 941 Walnut Ave.

CG= Community Garden at 4855 5th St.

CC = Library is located at 5141 Carpinteria Ave.

**Music Mondays** Miracle on 34th Street Sing Along Play Sneak Peek

10:30-12:00 @ VH 3:00-4:30 @ Free Lunch Program VH 12:30pm **Mind Games** Carpinteria Arts Center

2:00-3:00 @ Library

**Arts and Crafts** 

9:00-11:00@CAC

**TUESDAY** 

Mind Body Balance Exercise 11:00-12:00 @VH

Free Lunch Program VH 12:30pm **TAI CHI Practice** 

2:00-3:00 @VH

**Walking Group** 

9:00am in front of the library Free Lunch Program VH 12:30pm **Knitting** 1:00-3:00 @ VH mtg room

**Mindfulness Meditation** 2:00 to 3:30 @VH

WEDNESDAY

**Line Dancing** 

3:30-4:30 @ VH

Free Lunch Program VH@12:30pm Seniors Inc. Mtg & **Thanksqiving Feast** 1:00pm Carp Community Church

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**Senior Lecture Series Woman's Woven Voices** Free Lunch Program

9:30-10:45@ Library **Zumba Gold** 

11:00-12:00 @ VH

Free Lunch Program VH 12:30pm **Book Club and Games** 

**THURSDAY** 

VH @ 12:30pm **Cookie Decorating Party** 

1:30-3:30 @ GranVida

**Lets Get Growing** 

10:00am-11:00am@ Community Garden

**Holiday Parade** 3:00pm Linden Ave.

Hospice light up a life event

5:30pm Linden seal fountain

4-H Animals & Elves

2:00-4:00 @ Carpinteria Arts Center **Music Mondays** Sing Along

10:30-12:00 @ VH

Free Lunch Program VH 12:30pm **Mind Games** 

2:00-3:00 @ Library

**Arts and Crafts** 

9:00-11:00@CAC

**Mind Body Balance Exercise** 11:00-12:00 @VH

Free Lunch Program VH 12:30pm **TAI CHI Practice** 

2:00-3:00 @VH

**Walking Group** 

9:00am in front of the library Free Lunch Program VH 12:30pm Knitting 1:00-3:00 @ VH mtg room

> **Mindfulness Meditation** 2:00 to 3:30 @VH

**Senior Lecture Series** 

2:00pm to 4:00pm @ VH

Fire Safety and Basic first Aid 9:30-10:45 @ Library Chair Yoga

Free Lunch Program VH 12:30pm **Cold Creek Cowboy Christmas** 

11:00-12:00 @ VH

2:30pm to 3:30pm @ VH

Free Lunch Program

VH @ 12:30pm

1:30-3:30 @ GranVida

Free Lunch Program

VH @ 12:30pm

**Bocce Ball** 

1:30-3:30 @ GranVida

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**Bocce Ball** 

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**Music Mondays** Sing Along 10:30-12:00 @ VH

Free Lunch Program VH 12:30pm **Mind Games** 2:00-3:00 @ Library

**Arts and Crafts** 

9:00-11:00@CAC

**Mind Body Balance Exercise** 11:00-12:00 @VH

Free Lunch Program VH 12:30pm **TAI CHI Practice** 

2:00-3:00 @VH

**Walking Group** 

9:00am in front of the library Free Lunch Program VH 12:30pm Knitting 1:00-3:00 @ VH mtg room **Mindfulness Meditation** 2:00 to 3:30 @VH

> Flash Mob Rehearsal 3:30-4:30 @ VH

**Senior Lecture Series** 

Dealing w/Greif During The Holidays 9:30-10:45@ Library

> Zumba Gold 11:00-12:00 @ VH

Free Lunch Program VH 12:30pm **Book Club and Games** 

2:00pm to 4:00pm @ VH

**Senior Lecture Series** 

**Planting Pollinator Paths** 9:30-10:45@ Library Chair Yoga

Free Lunch Program VH 12:30pm

Free Lunch Program

VH @ 12:30pm **Bocce Ball** 1:30-3:30 @ GranVida 30

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Happy **Holidays!**  26

Free Lunch Program VH 12:30pm

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9:00am in front of the library Free Lunch Program VH 12:30pm **Knitting** 1:00 to 3:00 @ VH mtg room **Mindfulness Meditation** 2:00-3:30 @ VH

**Walking Group** 

11:00-12:00 @ VH