SUN MON TUE WED THU FRI SAT **Event Locations** *Must Sign Up Rise & Stretch w/ Ageility 9a (F) +Events you may be interested in outside of Games 2p (N) Rise & Stretch w/ Ageility Overture 9a (F) (R) - Relish Opera 2p (C) (C) - Cork Room Games 2p (N) Chair Yoga w/ Ageility (S) - The Scene Balance in Motion w/ Agelity 915a (F) 915a (F) (P) - The Pad +Cary's Tree Lighting 6p-(MT) - The Movies **Full Body Fitness (Level 2)** 7p (Cary Town Hall **+WRAL Nights of Lights** Strength and Conditioning w/ w/ Ageility 10a (F) (L) - The Lobby Nov. 25-Dec. 24 **Campus 316 North** Ageility 11a (F) **Dorothea Dix Park 1030** (N) - Coffee Bar **Academy Street Cary, NC** Games 2p (N) **Richardson Drive Raleigh** (F) - The Gym *Bridge 1p (R) 27513) (WDW) Line Dancing 12p (R) The Chosen 7p (C) Wine Down Wednesday +Magic of Lights Nov. 18-Dec. 30 Coastal (FT) Food Trucks *Wine Cork Holiday Craft **Balcony Decorating Contest Credit Union Music Park** 4p (R) (PA) - The Patio 3801 Rock Quarry Rd begins (PO)- The Pool Raleigh, NC Rise & Stretch w/ Ageility 9a (F) Rise & Stretch w/ Ageility 9a (F) Games 2p (N) Rise & Stretch w/ Ageility 9a (F) Games 2p (N) Breakfast 10a (R) Circuit Training w/ Ageility Rise & Stretch w/ Ageility 915a (F) Balance in Motion w/ Agelity 915a (F) Rise & Stretch w/ Ageility 9a (F) Opera 2p (C) 9a (F) Strength and Conditioning w/ Ageility 11a (F) Full Body Fitness (Level 1) Chair Yoga w/ Ageility 915a (F) Chair Yoga w/ Ageility Games 2p (N) *Bridge 1p (R) w/ Ageility 10a (F) Bible Study 7p (C) 915a (F) Full Body Fitness (Level 2) w/ Balance in Motion w/ Agelity 915a Connecting for the Holidays Chat and Card Men's Meetup +MAKRS Holiday Fest Ageility 10a (F) **Full Body Fitness (Level 2)** Making w/ Ageility 2p (R) 8a (R) w/ Ageility 10a (F) 11a-6p (City Plaza 443 Games 2p (N) Games 2p (N) Strength and Conditioning w/ **Fayetteville Street** *Bridge 1p (R) Games 2p (N) Games 2p (N) Ageility 11a (F) **Raleigh, NC 27601)** *Cookie Decorating 4p (R) *Jingle Bell Ornament Footloose BYOB 5p (R) Bingo 1p (R) *Holiday Movie 2p (MT) Making Craft 4p (R) *Crafts w/ Mimi 2p (R) The Gift of Health Chat w/ Ageility DIY - Chat, 12p (R) **Knit & Crochet** 1:30p (N) **Care Access Educational**

*WDW w/ Zeke 4p (R)

Presentation 1p (C)

SUN	MON	TUE	WED	THU	FRI	SAT
Games 2p (N)	Rise & Stretch w/ Ageility 9a (F) Chair Yoga w/ Ageility 915a (F) Full Body Fitness (Level 2) w/ Ageility 10a (F) Games 2p (N) Holiday Bake off 3p (R)	Rise & Stretch w/ Ageility 9a (F) Balance in Motion w/ Agelity 915a (F) Strength and Conditioning w/ Ageility 11a (F) Breakfast 10a (R) *Bridge 1p (R) Opera 2p (C) Games 2p (N) Coloring 11:30a (R) *Breaking Bread w/ Chiffon 6p (R) *Holiday Movie 2p (MT)	Rise & Stretch w/ Ageility 9a (F) Circuit Training w/ Ageility 915a (F) Full Body Fitness (Level 1) w/ Ageility 10a (F) Men's Meetup 8a (R) Games 2p (N) Bingo 1p (R) DIY - Chat, Knit & Crochet 1:30p (N) *WDW w/ Ageility 4p (R)	Rise & Stretch w/ Ageility 9a (F) Breakfast 10a (R) Balance in Motion w/ Agelity 915a (F) Strength and Conditioning w/ Ageility 11a (F) Games 2p (N) *Bridge 1p (R) Bible Study 7p (C) Ugly Sweater Craft 4p (R)	Rise & Stretch w/ Ageility 9a (F) Chair Yoga w/ Ageility 915a (F) Full Body Fitness (Level 2) w/ Ageility 10a (F) Games 2p (N) Line Dancing 12p (R) Cocoa Forte 5p-8p (FT)	17 Games 2p (N)
18	Rise & Stretch w/ Ageility 9a (F) Chair Yoga w/ Ageility 915a (F)	Opera 2p (C)	Rise & Stretch w/ Ageility 9a (F) Circuit Training w/ Ageility 915a (F) Full Body Fitness (Level 1) w/ Ageility 10a (F)	Rise & Stretch w/ Ageility 9a (F) Balance in Motion w/ Agelity	Rise & Stretch w/ Ageility 9a (F) Chair Yoga w/ Ageility 915a (F)	24
Games 2p (N) +Silent Sky Play 2p Burning Coal Theater 224 Polk Street, Raleigh NC 27604	Full Body Fitness (Level 2) w/ Ageility 10a (F) Holiday Treat Making 4p (R) Games 2p (N) Hanukkah Begins	Balance in Motion w/ Agelity 915a (F)	Men's Meetup 8a (R) Games 2p (N) Bingo 1p (R) DIY - Chat, Knit & Crochet 1:30p (N)	915a (F) Strength and Conditioning w/ Ageility 11a (F) Games 2p (N) *Bridge 1p (R) Bible Study 7p (C) Holiday Sweater Party 3p (R) Balcony Decorating Contest ends 4p (R)	Full Body Fitness (Level 2) w/ Ageility 10a (F) DIY Snowglobes 3p (R) Games 2p (N)	Games 2p (N) Office Open 10a-3p

SUN MON TUE SAT WED THU FRI Rise & Stretch w/ Ageility 9a (F) Rise & Stretch w/ Livui, ing Bread Men's Meetup w/ C'iffon op (R) Ageility 9a (F) 8a (R) Balance in Motion w/ Agelity 915a (F) Rise & Stretch w/ Ageility Rise & Stretch w/ Ageility 9a (F) Rise & Stretch w/ Ageility 9a Chair Yoga w/ 9a (F) Strength and Conditioning w/ Ageility 11a (F) Balance in Motion w/ Agelity Ageility 915a (F) 915a (F) Chair Yoga w/ Ageility Circuit Training w/ Ageility Games 2p (N) Opera 2p (C) 915a (F) 915a (F) **Full Body Fitness** Strength and Conditioning w/ Games 2p (N) Ageility 11a (F) Full Body Fitness (Level 1) w/ Office Open 10a-3p Games 2p (N) (Level 2) w/ Ageility Full Body Fitness (Level 2) *Bridge 1p (P) Ageility 10a (F) 10a (F) Breakfast 10a (R) w/ Ageility 10a (F) *Holiday Movie 2p (MT) Games 2p (N) Happy Holidays! Games 2p (N) December Birthdays 4p (R) Games 2p (N) Bingo 1p (R) Games 2p (N) *Bridge 1p (R) DIY - Chat, **New Years Party 3p** Bible Study 7p (C) **Knit & Crochet** Office open 9a-3p 1:30p (N) Make Your New Years Bu huay! Hanukkah Ends *WDW 4p (R) Resolutions 4p (R)

