DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
**Please remember that all programs require registration. Register online by visiting our website!**				
1 **CLOSED FOR PROGRAMMING**	**2** **CLOSED FOR PROGRAMMING**	**3** **CLOSED FOR PROGRAMMING**	**4** **CLOSED FOR PROGRAMMING**	**5** **CLOSED FOR PROGRAMMING**
8 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	**9** 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 Come Play Backgammon 1:00 Holiday Trivia and Cookie Swap	**10** 9:00 Strength & Balance with Serina ◊ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◊ **11:30 Bridget's Lunch Bunch @ Stage Neck Inn in York Harbor ◊** 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	**11** 9:00 Cardio Dance ◊ 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	**12** 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Afternoon Movie and Pajama Party
15 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 10:00 Medicare 101 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	**16** 9:30 Weekly Blood Pressure Check **9:00 Portland Ballet – The Nutcracker ◊** 10:00 Art Workshop ◊ 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Mindfulness with Nancy 12:00 SMAA Community Cafe 1:00 Canasta 1:00 Come Play Backgammon 1:00 French Club	**17** 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 10:00 Crochet Lessons ◊ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	**18** 9:00 Keep it Legal 9:00 Cardio Dance ◊ 10:00 Octets Bridge 11:00 Wise Women Wondering **PROGRAMMING ENDS AT 12PM** 2:00 – 4:00 Members Only Holiday Party	**19** 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00 Parkinson's Support
**CLOSED FOR PROGRAMMING DECEMBER 22 – JANUARY 2 HAPPY HOLIDAYS!**				

KEY

Highlighted Program = New & Noteworthy

◊ = Program Fee

Bold Program = Off-Site Program or Fundraiser