December is upon us and the holidays are the perfect time of year to stop and reflect on the many joys and sorrows, relationships, and events that have shaped our past year. We here at the Center are grateful for each and every one of you and wish you all a very joyful holiday and Happy New Year! Please note that the Center will be closed December 24, 2022 through Monday, January 2, 2023. The Center will reopen on Tuesday, January 3, 2023.

Staff continue to be busy behind the scenes reorganizing programs and developing new opportunities for members in the new year. The Center building will remain closed on Fridays in December. There will continue to be no access to the Fitness Center on Fridays in December and all programs scheduled will be held virtually only.

If you have been considering creating your free profile on WSC Connect, December continues to be a great time to explore the virtual senior center as the Lifelong Learning, Armchair Travel, Chair Yoga and discussion groups will all be free and accessible to basic members! Francis Lyons, our Digital Navigator, is available to meet with you in the Center on Mondays and during Tech Tuesday to help get you connected and show you the great features of the virtual senior center! If you do not have access to a laptop/iPad/smartphone, talk to Francis about borrowing from our free Technology Lending Library. We have Apple iPads and Wifi hotspots available to help get you connected and exploring technology.

Join Us at the Holiday Luncheon!
Celebrate the season with us at our Holiday Luncheon on Tuesday, December 20 at 12:00PM. Enjoy a delicious catered meal from Tasty Table Catering and festive fun with Center friends and staff. You must RSVP for the meal by Friday, December 16. The cost is $5 for WSC members/$8 for non-members.

Zentangle Star Ornament Workshop (In Person) Tuesday, December 13 from 1:00-2:30PM
Local art instructor, Mindy Shapiro, will lead this relaxing, stress relieving, meditative, creative and FUN art workshop. This class is for everyone and no experience is necessary! Enjoy making a Zentangle® star suitable to hang on a tree, a wall, even on your car rearview mirror! Please register by Monday, December 12. The cost of supplies is $5 plus class fee of $5/WSC Members and $7 for Non-Members.
Celebrate Wellness
Focus on your body, mind, and spirit with our Wellness programming!
All Abilities Welcome in All Movement Classes

Mindfulness Meditation (Virtual) Wednesdays at 4:00PM- Instructor: Liz - Practicing mindfulness provides countless benefits to our overall well-being

Strength and Balance (Virtual) Mondays at 1:00PM- Instructor: Cathi - Move, stretch, and improve your balance- both seated and standing

Strength and Cardio (Virtual) Wednesdays at 10:00AM- Instructor: Cathi - Move, stretch, and tone -both seated and standing

Gentle/Chair Yoga (Virtual) Fridays at 10:30AM- Instructor: Lisa Rapetti- A well rounded class that will help with balance, strengthening and relaxation

Sit, Move, Stretch (Both In Person and Virtual) Tuesdays at 11:00AM- Instructor: Liz- This class offers seated or standing: cardio movement, strengthening, deep breathing and stretching

Tai Chi (In Person and Virtual) Wednesdays at 11:00AM- Instructor: Anthony - Tai Chi is a gentle form of exercise involving a series of graceful movements performed in a slow, focused manner and accompanied by deep breathing. Excellent for strengthening balance and promoting stress reduction

Sit, Move, Stretch (In Person) Thursdays at 11:00AM- Instructor: Lisa Rapetti - Gentle movement, stretching and relaxation

Drum Yourself Fit (In Person) Wednesdays at 10:00AM- Join us for a fun, rhythmic, seated exercise class that gets you moving and grooving!

Ask A Nurse/Blood Pressure Screenings (In Person) Thursday Dec 8 and Dec 22 from 9:30AM to 11:00AM and Tuesday Dec 20 10:30AM – 12:00PM-- Are you trying to keep track of your blood pressure readings? Have questions about a medication or just need a listening ear? Stop by and speak 1:1 with a nurse.

DECEMBER PROGRAM HIGHLIGHTS

NEW Art Classes with Wayne Roberts
Hard Edge Painting with Tape
Thursday, December 8 at 10:00AM- Artist Wayne Roberts will lead a fun painting class for all! No experience necessary. Create your own geometric masterpiece! Cost is $2 for supplies.

Intro to Drawing with Charcoal
Thursday, December 15 at 12:30PM- Introduction to Drawing with Charcoal”- Artist Wayne Roberts will lead a class in basic drawing techniques. Bring in a favorite photo to draw. Cost is $2 for supplies.
Pizza & A Movie (In Person) Wednesday December 14 at 12:30PM- Join us for a viewing of the film, Elvis. The film chronicles the life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. Starring Austin Butler and Tom Hanks. Please call the Center and register with Ashley by December 12. $3 WSC Members & $6 Non-Members

Lifelong Learning
December 6 at 10:00AM (Both In Person and Virtual) - “Cooking Better with Science- Making a Roasted Chicken Dinner”
December 8 at 3:00PM (Virtual) - “Secrets of the Occult- The Christmas Tree and other Rituals”
December 9 at 1:00PM- Women in History
December 19 at 4:00PM- The Great Works of Sacred Music- “Come, All Ye Faithful- Music of Christmas”

Nutrition with Danielle Burke: Healthy Habits for the New Year (In Person) Thursday, December 15 at 10:00AM
Tis the season to eat drink and be merry. Followed by our New Years Resolutions to: eat better, lose weight, and exercise more. Focus on good foods and habits to add – rather than what you believe you have to take away to be healthy.

Tech Workshop with Francis: Online Grocery and Food Delivery (Both In Person and Virtual) Monday, December 12 at 2:00PM- As colder temperatures approach you may need or want to stay nestled indoors. Together we’ll explore some local grocery and food delivery options – put in an order with a local grocery store on your phone, tablet, or computer and have it delivered right to your doorstep. Bring your device (laptop, phone, iPad).

Holiday Movie and Hot Cocoa (In Person) Wednesday, December 21 at 12:30PM
Enjoy delicious hot cocoa and cookies while watching a holiday classic, White Christmas. Please sign up at the Center by Tuesday, December 20.

It’s A Wrap! (Virtual) Fridays December 2 and December 16 at 1:00PM- Join Margo as we catch up and check in with each other and share our plans for ourselves for the upcoming week.

Armchair Travel (Virtual) Monday, December 12 at 4:00PM- Enjoy a trip to Scotland, with presenter Ginny Glazier, all from the comfort of your own home.

*Occasionally classes and programs may need to be cancelled or rescheduled due to unforeseen circumstances. Please call the Center at 610.688.6246 if you have questions about a specific program.*
Wayne Senior Center

We will reopen on Thursday, January 5, 2023.
Wayne Senior Center will be closed 12/24 through 1/2/2023.

December 2022

Wish you and yours a very happy Holiday and Happy New Year!

The Staff and Board of Directors of Wayne Senior Center

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<thead>
<tr>
<th>MON</th>
<th>TUES</th>
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<td>10:00 Strength &amp; Balance</td>
<td>10:00 Lunch</td>
<td>11:00 Bulk &amp; Mingle</td>
<td>12:30 Chair Yoga</td>
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<td>11:00 Stretches &amp; Screenings</td>
<td>12:00-1:00 Tech Tuesday</td>
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<td>10:00 Nutrition and Health</td>
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<td>11:00 Art Class: Intro to Art</td>
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(A) = Virtual Only
(V) = Virtual Only
(H) = Hybrid: In Person & Virtual

Calendar Key