



Staying Active News

A **FREE** Monthly Publication by
Canyon Lake Activity Center

VOL. 36 NO. 12 December 2020 Rapid City, SD



Merry Christmas
&
HAPPY NEW YEAR

Center Hours

Mon-Fri - 6:00am-8:00pm
Saturday - 8:00am-8:00pm
Sunday - 8:00am-8:00pm

Office Hours

Mon-Fri - 8:00am-1:00pm

Contact Info

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City, SD 57702

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Flipper Weisbeck.....209-0181

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Jodie Bunker.....209-1612

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Receptionist

Lynn Powell721-8710

Newsletter Advertising

LPi Sales.....800-950-

9952

Webmaster.....

Custodian

John Schuch

Kathy Grosz.....

Fitness Instructor

Robyn Johnson....(605) 787-8789

Center Activity Leaders

Volunteer Activity Leaders

Aerobic

Carman Timmerman.....

Aerobic Walking

Pat Graves

Aikido

Willi Kurniawan

Bingo

OPEN

OPEN

Buck-a-Month Club

Nila Boone

Card Recycling

Nila Boone

Computer Room

Clint VanBlaricum

Tony Vecchi.....

Creative Writing

Mary Drader

Cribbage

Shirley Myers.....

Duplicate Bridge

Louise Young

Fitness Center

OPEN

Flower Beds

Bettie Poljansek

Audrey Petersen

500 Cards

Lee and Jean Hulm.....

Gaming Instruction

Dennis Ritter

Garden Plots

Bob Melvin

Hand & Foot

Flipper Weisbeck.....

Hearts

Wanda Hansen.....

Joyful Gals & Guys

Parker Knox

Knitting Group (CLACCERS)

Kim Leonard

Library

Nila Boone

Line Dance Beginner (Monday)

Lisa Castor

Line Dance Beginner (Wednesday)

Lynda Jacquot-Imberi.....

Line Dance (Friday)

Carol Seitz

Mah Jongg

Robin Franson

Mexican Train Dominos

Wanda Hansen

Moderate Motion

OPEN

Party Bridge

Mary Pettingell.....

Pickleball

Gary Miller.....

Photography

Clyde Lichtenecker

Pinochle (Monday)

Mazie Brandt

No Friday Pinochle

Pool Room

Clyde Lichtenecker

Rug Looming

Dean Steinberg.....

Rummage

Cheryl Walther

Saturday Night Dance

Gary Reynolds.....

Scrabble

Bill Howard.....

Sevens from Hell

OPEN

Shanghai Rummy

Wanda Hansen.....

Table Tennis

OPEN

Tai Chi Chih

Mary Drader.....

Thrift Store

Kathy Lemire.....

Whist

Bettie Poljansek.....

[Due to privacy guidelines we will not list phone numbers for Activity Leaders. Call the Office at 721-8710 and leave a message for the Activity Leader and they will return your call. Thank you.](#)

Comments From Our Leaders

Michael Garfield - Center Director

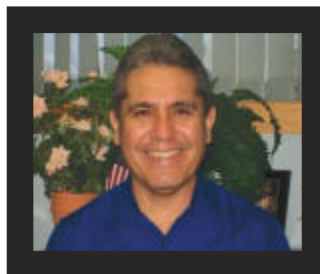
I would like to use my column this month to answer questions regarding the Native Trust Lands issue that has made big headlines in the last month or so. I have been receiving many questions wondering, "what is going on."

I contend what is going on, is a righting of a wrong that has long since been ignored and allowed to go on for decades. In 1948, congress passed a bill authorizing the Department of Interior to Convey land of the Sioux San Sanatorium Farm to city of Rapid City for municipal, educational and to the state of South Dakota for our National Guard. This land is what is better known as West Rapid City. Within this act was a stipulation that if the lands conveyed to the city for disbursement failed to meet the guidelines listed above they would fall under a reversionary clause and would revert back to the Department of Interior. There are three organizations, of which we are one, which are being alleged to be out of compliance of this act of Congress. Native American tribal leaders and representatives are working with the city to achieve a resolution to avert the reversionary clause, seeking an equitable exchange of land assets.

The Congressional act also stipulated that parcels of this land was to be utilized for the rehabilitation of "needy Indians", and to exchange any of such lands for other lands in or near Rapid City more suitable for this purpose. This was never done despite many applications for parcels of their land that were never approved, all the while, many entities profited off of these tribal lands that were appropriated for city use.

I do contend that our Center is not out of compliance with the verbiage of the 1948 bill and believe that our Center is not in any danger of being closed down. While I make that statement, I wholeheartedly support the efforts of the tribal leaders and representatives to right this wrong. The frustration and injustices the tribes have endured over time are well documented. It is now time to put action to the words of reconciliation that have long been spoken by so many of our leaders throughout history. In hopes of fairness, look up, smile and give thanks.

Michael Garfield—Center Director



**How does the
Gingerbread
Man treat his
injured leg?**

"Icing It!"



**What does the
gingerbread
man put under
his blanket?**

"A Cookie Sheet!"



Just So You Know! - we did it again!

Karen McGregor - Board President

Are you having withdrawal from all the election advertising that has gone away? I know I'm looking forward to seeing 2020 in the rearview mirror!

We had a successful rummage sale in mid-October, raising approximately \$3,900 for Center expenses. We will have a new rummage sale coordinator in 2021. Her name is Cheryl Walther and she really stepped up in October when Bettie was unable to help for a few days. Thanks to all the volunteers that helped make the fall rummage sale a success!

We have been in the news quite a bit in October, and I want to reassure you that the Canyon Lake Activity Center is not going away. The Mayor and Council have told us that it is their intention to work out a satisfactory solution that allows CLAC to remain on Canyon Lake Drive with a clear title to the property. Michael and several board members are engaged in the process and we will do our best to attend any and all council meetings related to the Indian Boarding School Land Swap.

I hope this holiday season provides an opportunity for you to get together – one way or another – with your loved ones and friends.

Karen McGregor - Board President



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THE BEST IS YET TO COME-Marketing

Family Fare - Grocery Receipts (as of November 26, 2020)

The goal is to collect \$150,000

We have collected.....\$ 54,588

We need.....\$95,412 (to receive another \$1,000)

On September 22 I took the \$150,000 in Direct Your Dollar Receipts to Family Fare. On October 21 we received another check for \$1,000 from Spartan Nash. A HUGE THANKS to everyone for the continued support with your Family Fare receipts. We could not achieve this goal without all of you. **PLEASE DO NOT** cut the "direct your dollars" portion off you receipts. If you are concerned about your card numbers you can black out that number.

Thanks again to everyone...Flipper



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Karen O'Neill
Respiratory Technician



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Service Technician



Desiree Tomek
Customer Service

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Best of the Black Hills 2020 #1 Apartment Complex 2020

Best of the Black Hills 2020 #1 Apartment Complex 2020

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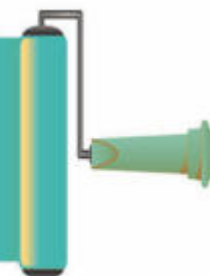
SPREAD THE WORD

A Thriving, Vibrant
Community Matters



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THAT SUPPORT OUR COMMUNITY**



Invest in the Future-With Canyon Lake Activity Center Endowment Fund

Canyon Lake Activity Center Endowment Fund

Invest in the Future

The Canyon Lake Activity Center endowment fund was established by the board, in accordance with Article XVII of the CLAC by-laws. It was established to ensure the future of the Center with the investment of planned and financial gifts in a trust fund with the interest supporting the Center's programs and services.

Assets of the endowment fund shall be managed as a distinct and identifiable fund within the Center's accounting system. All gifts received to the fund shall be processed through the Office. Restricted gifts must be identified as such and will be held in trust or spent as the donors direct.

Assets of the fund, including principal and accumulated earnings, shall be invested prudently. In order to provide for diversification, mutual funds shall

be the principal investment vehicle. A variety of funds may be used, including bonds, mutual funds, stocks or mixed funds. Donations will be held until a minimum amount of \$1,000 has accumulated for investment purposes. The Center's board may allocate gains and/or earnings of the permanent endowment.

MISSION STATEMENT

We are a non-profit 501(c)3 organization. It is the Mission of the Canyon Lake Activity Center to promote the physical, intellectual, and social well being of its members and the community, thereby enhancing the dignity, self-worth, independence and wholesome lifestyle for community members in Rapid City.

WELCOME TO THE WESTHILLS WAY...

5 Star Nursing Facilities

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Best of the Black Hills

Your vote of confidence, naming Westhills Village #1 in the Black Hills acknowledges our high standards, outstanding staff, and our forward-thinking leadership - which come together to achieve this quality of service. Thank you, once again, for voting us in First Place!



Outstanding Employees

This fall, our Life Enrichment Coordinator, **Debbie Westfall**, was honored by the South Dakota Health Care Association with the Qualified Activity Coordinator Award and our Director of Assisted Living, **Brenda Salway**, was awarded the South Dakota Assisted Living Association Administrator of the Year.



(605) 342-0255 | westhillsvillage.com | Rapid City



NEWSLETTER REPORTS FOR THE CENTER

Contributions:

This year has been one like we have not been through for decades. The COVID-19 virus has certainly put restrictions on all aspects of our lives. We are so thankful for the people who have been able to make contributions to the Center. Donations play such an important part towards our daily operations and continuing expenses. There have been numerous changes throughout the whole facility...all to the benefit of greatly appreciated donations. We want to acknowledge everyone's generosity. Every donation highlights the dedication to keeping the Center a "Place to Stay Active." The New Year is around the corner and your continued donations will always be appreciated.

Illness or Hospitalizations:

We want to offer our "Get Well" wishes to everyone who has been touched by any illness this year. Some of our members have caught the virus and we are extremely happy about their recoveries and return to the Center. The number of positive tests seems to be growing and we need to continue with the best safety practices to fight off this virus as well as the common coughs, colds and usual "winter blues." We are hoping for the best of health for everyone in the new year.

Condolences:

Our most sincere prayers and warmest sympathies go out to the families and friends of our members who have passed away this year. Please find comfort in knowing that the CLAC family misses them also.

BOOK CORNER by Nila Boone

This is the last Book Corner for this strange year. Books continue to be one of the things that have helped when we've had to stay home. I continue to add new titles as donations are made to the Center.

As I shelve returned books, I've noticed that volumes 1-11 of the Sugarcreek Amish Mysteries have been gone from the Library for some time. Has someone decided to add them to their library? I hope not as they have been a popular series.

Perhaps before the end of December, you could search your book collection for unreturned items from the Center's Library and help them find their way back home.


I'll have the 2020 statistics ready for January 2021. Until then, have a very Merry Christmas.

Greeting Card Recycling by Nila Boone

Card recyclers have always met on Thursdays from 9 to 11 a.m. although during ordinary times, some have left at 10 a.m. to take part in other activities. Since only two or three members have been meeting, I'm wondering if those interested think they must be there the entire two hours. There is no reason that members can't help for one hour if that fits their schedule better.

If you are interested, you might want to check the recycled cards for sale in the Thrift Shop to see what is involved. There are boxes full of cards needing recycled.

Remember when donating used cards, we need the entire card. If the back is removed, there is no verse. We will cut off any handwriting.

<div>  CANYON LAKE GRILLE MONDAY- FRIDAY 11AM-12:30PM \$6 LUNCH SPECIALS SERVED <i>(SUBJECT TO CHANGE)</i> <u>DECEMBER 2020</u> </div>				
	Tuesday	Wednesday	Thursday	Friday
	1 PORK ROAST MASHED POTATOES VEGETABLE	2 GOULASH JELLO W/FRUIT	3 CLOSED	4 TUNA MELT SANDWICH
7 HAM & BEAN SOUP CORNBREAD	8 LION'S CLUB LUNCH YANKEE POT ROAST	9 ROAST CHICKEN DRESSING VEGETABLE	10 CLOSED	11 SLOPPY JOES TATER TOTS
14 BEEF STEW BREAD	15 CHICKEN FRIED STEAK MASHED POTATOES VEGETABLE	16 SPAGHETTI GARLIC BREAD SALAD	17 CLOSED	18 GRILLED HAM & CHEESE
21 CHICKEN STRIPS POTATO SALAD	22 LION'S CLUB LUNCH BLT JELLO W/FRUIT	23 FISH FILET SANDWICH COLESLAW	24 CLOSED	25 CHRISTMAS DAY CLOSED
28 TACO SALAD	29 LASAGNA GARLIC BREAD SALAD	30 CHILI CORNBREAD	31 NEW YEAR'S EVE CLOSED	

Sandwich Combo - \$4

Ham - Chicken Salad - Turkey - Tuna
Sandwich only \$3

Sandwich Combo - \$3

Egg Salad - Grilled Cheese - Hot Dog
Sandwich only \$2

Hamburger & Fries OR Tator Tots \$5

Chips—Fruit Cup—Dessert—.50 cents / Soup or Salad—\$2.00

Tater Tots = \$1.00 French Fries = \$1.00

A la Carte



MEMBERSHIP INFORMATION-Activity Fees

CANYON LAKE ACTIVITY CENTER

605-721-8710

2900 Canyon Lake Drive

A PLACE TO STAY ACTIVE

2020 MEMBERSHIP

CLAC Membership - \$70.00

Monthly Activity Card - \$25.00

Individual Activity - \$3.00

If you are playing pickleball, you must buy the activity card each month.

- A Healthy Choice
- A Healthy Decision

2021 MEMBERSHIP RENEWAL

Several of us are nearing the time for renewing our Annual Membership to the Center. To assist everyone and provide for social distancing while avoiding congestion in the Office area, we will be providing a secure Drop Box for those who would like to save the postage and drop your payments off in person. The Drop Box will be located outside the Office door by the check-in kiosk inside the main entry. We will provide envelopes for those who have not already placed their payments in one. This payment option is available to everyone paying by check or cash. All credit card payments must be processed in the Office.

BONUS—If you decide to pay for a Membership and a full year of Activity Cards, we are offering one month of Activity Card fees FREE. This total would be \$345.00.

Membership and Activity Cards will be available upon request. Thank you for taking advantage of this payment option.

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Canyon Lake Activity Center, Rapid City, SD

E 4C 02-1068

Staying Active News—Information

Volunteers

The Canyon Lake Activity Center can always use more volunteers. If you have some spare time on your hands or skills you would like to share, stop by the Center Office and visit with us. We can use help in the Kitchen, Thrift Store, Office, Newsletter Delivery, Bingo, Rummage Sale and Lawn Care, just to name a few. If interested, you can stop by the Office or call (605) 721-8710.



Rug Looming

The Rug Loomers need help creating rugs. Training will be provided. Come and see how it all works each Monday and Wednesday morning from 9 to 11 am located in the Annex Building at the Canyon Lake Activity Center. Contact Dean Steinberg, activity leader. Stop by and say hello.



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Christmas DANCE December 12

Music by
**Midnight Sun
Band**

Viking Hall
2900 Canyon Lake Dr.
7:30 - 10:30 pm

More info call Gary 787-5584

WANTED

LINE DANCE CLASS PARTICIPENTS

WHEN?

MON, WEDS, FRI
9:30AM - 11:00AM

MON- BEGINNER
WED- INTERMEDIATE
FRI- ADVANCED



WHERE?

VIKING HALL
AT THE CENTER

REWARD

LEARN SWEET DANCE MOVES

Room Rentals for Your Special Event

Canyon Lake Activity Center is more than a gathering place for it's members. It is a facility that members of the community are welcome to use for that special event. May it be a wedding reception, church gathering or a small meeting we can help you. We have the convenience of a kitchen for food preparation if that is what you need.

- ♦ Reasonable rates
- ♦ For more information, or to book your event call Jodie Bunker: (605) 209 - 1612



Library Lounge



Card Room



Viking Hall



Dining Room (Most Popular)



The Nifty & Thrifty Shop



Change of Hours!
Open 10:00AM - 2:00PM
Mon-Fri
Starting December 1st

Normal hours will start
March 2nd, 2021

Sale

Tuesday: Buy one-get-one on wearables
(jewelry not included)

Thursday: 1/2 off everything (wearables
not included)

Fridays: All day half price on
everything. (Some exceptions apply
on CLAC items)



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Canyon Lake Activity Center, Rapid City, SD

G 4C 02-1068

Board Members Meeting Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 +	2 +	3 + ● 8:30am - 10:00am B&G Committee/Decorat ing Committee @ ANX	4 +	5 +
6 +	7 + ● 9:00am - 11:00am Grants Committee @ CR	8 +	9 +	10 + ● 11:00am - 12:00pm P&D Committee meeting @ CR	11 +	12 +
13 +	14 + ● 10:00am - 11:00am P&A Committee meeting @ ANX	15 +	16 +	17 + ● 10:00am - 11:00am B&F Committee Meeting @ ANX (edit)	18 +	19 +
20 +	21 + ● 9:30am - 11:00am Board of Directors meeting @ CR	22 +	23 +	24 Christmas Eve +	25 Christmas Day +	26 +
27 +	28 +	29 +	30 +	31 New Year's Eve +		

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Christmas Wordsearch!

EGGNOG
JOY CHRISTMAS
GINGERBREAD
NUTCRACKER

CAROLING
MISTLETOE
SNOWFLAKE
SANTA



B	K	X	T	G	N	S	X	C	Z	G
Y	J	O	Y	N	N	Q	U	Y	T	I
I	D	T	E	S	U	E	J	A	Y	N
R	I	U	C	S	A	F	R	Q	W	G
M	S	H	N	T	W	B	Z	P	J	E
P	E	C	A	R	O	L	I	N	L	R
C	T	P	P	R	Y	W	H	J	Z	B
W	H	R	V	W	H	T	Z	I	A	R
A	S	J	I	F	O	U	C	I	K	E
M	H	Y	A	T	T	V	Q	J	F	A
Y	C	E	I	S	X	S	P	E	T	D
Q	K	M	I	M	T	M	A	N	C	A
Y	K	K	N	O	E	V	C	Y	E	K
M	Y	Q	A	F	R	E	A	P	D	U
I	I	O	W	P	C	A	R	S	R	I
S	N	R	V	P	L	K	Q	E	C	R
T	B	V	U	T	P	A	O	G	T	T
L	N	U	A	R	R	V	M	N	S	M
E	V	Y	C	Q	G	C	L	O	G	K
T	N	D	G	T	F	N	K	G	H	M
O	D	Q	I	B	J	I	D	S	T	Y
E	L	G	M	E	H	B	J	A	H	G
E	P	X	Q	D	Y	G	Z	G	L	I
I	N	U	T	C	P	A	C	K	E	V
M					R					R

Merry Christmas.

HAPPY NEW YEAR!

B	K	X	T	G	N	S	X	C	Z	G
Y	J	O	Y	N	N	Q	U	Y	T	I
I	D	T	E	S	U	E	J	A	Y	N
R	I	U	C	S	A	F	R	Q	W	G
M	S	H	N	T	W	B	Z	P	J	E
P	E	C	A	R	O	L	I	N	G	R
C	T	L	P	R	Y	W	H	J	L	B
W	H	P	V	W	H	W	Z	I	Z	R
A	S	R	L	F	O	T	C	I	A	E
M	H	J	I	T	T	U	Q	J	K	A
Y	H	Y	A	S	X	V	P	E	F	D
Q	C	E	I	M	T	S	A	N	T	A
Y	K	M	I	G	E	M	C	Y	C	K
M	Y	K	N	O	R	V	A	P	E	U
I	I	Q	A	F	C	E	R	S	D	I
S	N	O	W	F	L	A	K	E	R	R
T	B	R	V	P	P	K	Q	G	C	T
L	N	V	U	T	R	A	O	G	T	M
E	V	U	A	R	G	V	M	N	S	K
T	N	Y	C	Q	F	C	L	O	G	M
O	D	D	G	T	J	N	K	G	H	Y
E	L	Q	I	B	H	I	D	S	T	G
E	P	G	M	E	Y	B	J	A	H	I
I	P	X	Q	D	P	G	Z	G	L	V
M	N	U	T	C	R	A	C	K	E	R

TESTIMONIAL

I'm Frank Jones. I've lived in Rapid City for about three years now. When my wife and I first moved here, we wanted to find some activities to do. We found out about Canyon Lake Activity Center and how they offer over 40 different activities for a great price, and serve homestyle meals as well! With all the activities and all the wonderful people we felt right at home. We love it here and we'll continue to be here as long as we can.

-Frank Jones
Treasurer | CLAC



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DAY	TIME
SUNDAY	6:00 AM TO 8:00 PM
MONDAY	6:00 AM TO 8:00 AM 12:00 PM TO 8:00 PM BEGINNERS LESSONS 5:30 PM TO 6:30 PM FREE TO MEMBERS AND NON-MEMBERS
TUESDAY	6:00 AM TO 8:00 AM 12:00 PM TO 8:00 PM
WEDNESDAY	6:00 AM TO 8:00 AM 12:00 PM TO 5:00 PM
THURSDAY	6:00 AM TO 8:00 AM 12:00 PM TO 8:00 PM
FRIDAY	6:00 AM TO 8:00 AM 12:00 PM TO 7:00 PM
SATURDAY	6:00 AM TO 5:00 PM

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2020-2021 Football Books for Sale

Christmas Sale!
Only \$5 per book!

- ~~\$10 per book~~
- Monday night games
- Prizes range from \$25 to \$100



Football Books are sold in the Office or by member sales. If you could sell some books to your neighbors or friends, please volunteer to do so. This is a good fundraiser for Canyon Lake Activity Center.

We want to thank all of the volunteers who helped with the assembly of the football books. It always takes a lot of people and a full morning to get them assembled.

Thanks to all who helped!



WE WANT YOUR HELP

- Office Support Staff (office and computer experience is needed)
- Kitchen Help (various areas to help with)
- Thrift Store Clerk

These are voluntary positions unless otherwise noted. If you are looking to fill your time and have the desire to help, stop by the Canyon Lake Activity Center Office and visit us about these positions.

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Shar's Yummy Rolls

Ingredients:

-1 1/2 cups scalded milk
(cooled slightly)
-1 T. yeast + 2 T. sugar in
1/2 cup warm water

Add:

2 T. Sugar
2 T. oil
2 eggs, beaten
5-6 cups flour (keep dough
soft)
2 tsp. salt

Directions:

Mix yeast, sugar & 1/2 c. warm water.
In large mixing bowl, mix 2 T. sugar, oil
eggs, milk, salt and 1-2 cups flour. Add
yeast. Add rest of flour.

Let raise once (1 hour or so). Roll, cut
and dip in butter. You can make this
recipe into Parkerhouse rolls, small
buns, and crescents. Put on a greased
cookie sheet. Let rise for 1 more hour.
BAKE: 400 for 11 minutes (or until
golden on top).

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Contrary to what we'd like to believe, middle age doesn't last forever. Perhaps it's time we stopped being so afraid of getting old and cherished life for the remarkable journey it has been and that is still to come. For only then can we open our hearts and minds to experiencing the joys of everyday existence. The way we see it, it's about living the whole of life. Something that, as one of the nation's largest not-for-profit providers of senior housing and services, we have made our daily mission. And our life's work.

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WEEKLY ACTIVITIES

A–Annex CR–Card Room C–Computer Room DR–Dining Room FA–Fitness Area K–Kitchen LL–Library Lounge

OA–Outside Activity OF–Office PR–Pool Room VH–Viking Hall Bold Activities—Public Welcome

Monday		Tuesday		Wednesday	
6:00	Pickleball	6:00	Pickleball	6:00	Pickleball
7:45	Aerobic Walking (FA)	6:00	Aerobic Walking (FA)	7:45	Aerobic Walking (FA)
8:30	Aerobics (FA)	8:30	Aerobics (FA)	8:30	Aerobics (FA)
8:30	Exercise (VH)	9:00	Mah Jongg-Card (CR)	8:30	Exercise (VH)
8:30	Computer Assistance (C)	9:30	Gym Training/Demos (FA)	9:00	Rug Looming (A)
9:00	Rug Looming (A)	10:00	Moderate Motion (FA)	9:00	Mah Jongg-Book(CR)
9:30	Beg. Line Dance (VH)	11:00	Yoga, Balance Coord (FA)	9:30	Interim Line Dance (VH)
10:00	Tai Chi Chih (FA)	12:30	Duplicate Bridge (CR)	11:00	Fit & Fun (VH)
11:00	Fit & Fun (VH)	12:00	Pickleball (VH)	12:00	Pickleball (VH)
12:00	Pickleball (VH)	1:00	Creative Writing (A)	12:30	Texas Hold'em (DR)
12:15	Chair Yoga (FA)	1:00	Table Tennis (FA)	12:15	Chair Yoga (FA)
1:00	Shanghai Rummy (DR)	1:00	Whist (LL)	1:00	Cribbage (CR)
1:00	Hand & Foot (CR)	1:00	Computer Assistance (C)	1:00	Mexican Train Dominos (LL)
1:00	Pinochle (LL)			1:00	Table Tennis (FA)
1:00	Table Tennis (FA)			3:15	Omaha Hi-Lo (DR)
1:00	Scrabble (A)	5:30	Aikido for Members (FA)	3:30	Cross Cribbage
5:30	Pickleball Lessons (VH)			6:00	ACBL Duplicate Bridge (CR)
Thursday		Friday		Saturday	
6:00	Pickleball	6:00	Pickleball	6:00	(S) Pickleball (VH)
7:45	Aerobic Walking (FA)	7:45	Aerobic Walking (FA)	9:00	(S) Table Tennis (FA)
8:30	Aerobics (FA) Computer Assistance (C)	8:30	Aerobics (FA)	12:30	(S)ACBL Duplicate Bridge (CR)
9:00	Card Recyclers (LL)	8:30	Exercise (VH)	12:30	(S) Party Bridge (A)
10:00	Joyful Gals & Guys (CR) TBD	9:30	Adv. Line Dance (VH)	1:00	(S) Aikido for Members (FA)
10:00	Moderate Motion (FA)	10:00	Tai Chi Chih (FA)	1:00	(S) Mexican Train Dominos (LL)
10:00	Knitting Group(CLACCERS) LL	11:00	Fit & Fun (VH)	7:30	Saturday Night Dance (VH)
11:00	Yoga, Bal & Coord (FA)	11:00	Duplicate Bridge (CR)		Public Welcome to Dance
		12:00	Pickleball (VH)		
12:00	Pickleball (VH)	12:15	Chair Yoga (FA)		
12:15	Chair Yoga (FA)		Bingo(Start date and time TBD)		Pool Room is open when Center is open.
12:30	Party Bridge (A)	1:00			Sunday
12:30	500 Cards (LL)	1:00	Mexican Train Dominos (LL)	6:00	Pickleball (VH)
1:00	Table Tennis (FA) Computer Assistance (C)	1:00	Table Tennis (FA)		
4:00	7's from Hell (CR)	4:00	Hearts—card game (CR)		

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Sudoku

	3			6	8	7		
		6	1	7				5
2			4				9	
8						3	7	
4	1						5	8
	7	3						4
	5				6			9
3				1	9	5		
		9	8	5			6	

6		4			2			9
2				4			1	
8				7	1	4		6
					4			1
	3						6	
9			8					
4		2	1	6				5
	6			8				2
5			4			6		8

					4	1		
9	4		6					3
7			2	5	9			4
3	7					6		9
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5		8					1	7
4			5	9	7			1
1					8		4	5
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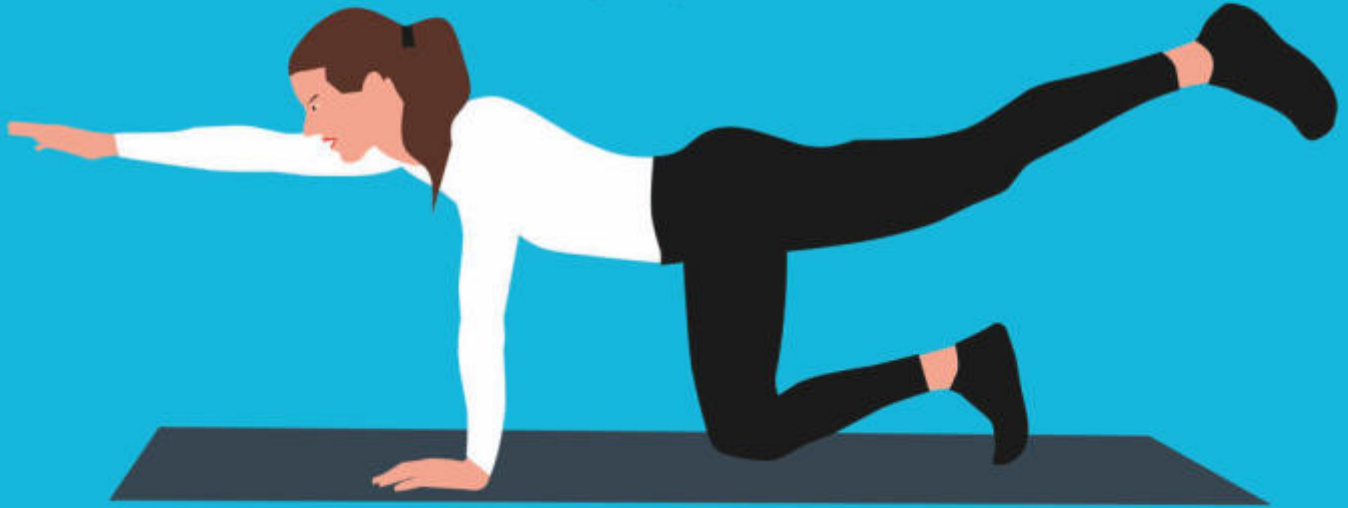
			6	9			7	
4	6				1		8	
		3		4		6		
	7		5		2			9
6		4				8		5
3			9		4		6	
		7		1		9		
	5		7				3	6
	3			5	9			



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Annual Christmas Cookie Sale



Our Annual Christmas Cookie Sale will take place on Saturday, December 12 from 8 a.m. to 11 a.m. If for some reason, you do not receive a personal call inviting you to bake cookies, please consider this your invitation to do so. If you would like to help us get things together and set up beginning at 10 am Friday, December 11 in the Library Lounge we'd love to have your assistance!

We would appreciate you bringing your cookies, candies, bars, breads, or specialties to the Center on or before Friday, December 11 before 10 a.m.

We will be taking pre-orders that can be picked up Friday afternoon after 1 p.m. December 11th. Please call CLAC at 721-8710 and specify if you would like a small, medium, or large tray. Prices range from \$7 - \$35 per tray.

This year we will once again be having a Christmas Treasure Sale in the Library Lounge where you can purchase decorations, jewelry, recipe books and gift ideas all to do with Christmas for those special friends and neighbors.

Won't you please join us for some socializing and laughter December 11th and 12th?

HAPPY HOLIDAYS - Millie Roland



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Christmas Cookie Sale!



Saturday December 12th
8:00 AM - 11:00AM

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