


Inclement Weather Line
 Call 325-7999, ext. 4
 For an automated announcement & watch
 for postings on KMBC TV 9 (Comcast Channel 12)

December 2022 Program

Monday-Thursday 8 a.m. – 6 p.m.
 Friday 8 a.m. – 4 p.m.
 Saturday & Sunday Closed

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Bingo	2 10:45 Fight Back Against Stress	3
5 10:00 Blood Pressure Checks with Cleveland University Monday Motivation and Movement 12:15 Tech Talk/Pop-Up Library	6 10:30 Ornament Making	7 9:45 Nutrition Site Committee 12:30 Music with the Palmer Players	8 10:30 Veteran's Café	9 Senior's Christmas Celebration \$# (See ticket for schedule)	10
12 10:00 Activity with Cleveland University Monday Motivation and Movement	13 10:45 Cocoa and Caroling	14 10:00 Coloring Your Way 12:30 Open Music Jam 5:30 Holiday Lights tour \$#	15 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club	16 10:45 Christmas Piano Music 12:15 Ice Cream Social	17
19 10:00 Activity with Cleveland University Monday Motivation and Movement	20 9:30 VNA Blood Pressure Checks	21 10:45 Christmas Harp Music 12:30 Music with the Palmer Players	22 10:30 5 a Day Bingo 11:30 Christmas Lunch	23 CLOSED – CHRISTMAS HOLIDAY	24
26 CLOSED – CHRISTMAS HOLIDAY	27 11:00 Hot Cocoa Bar	28 10:00 Coloring Your Way 12:30 Open Music Jam	29 10:30 Jeopardy Trivia	30 11:30 Birthday Lunch	31
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 12:00-2:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:00 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:30 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:00-2:00 Instructed Line Dance \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

www.ci.independence.mo.us/parksandrec/palmer