AMERICAN INDIAN COUNCIL

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 **Chair Yoga 4:00 pm - 5:00 pm** **Level 1 Yoga 5:30 pm - 6:30 pm** **Brotherhood 7:00 pm - 8:00 pm**	4 **Gentle Yoga 10:00 am - 11:00 am** ***Student & Family Support (by appt. only!)*** **After School at AICA 4:30 pm - 6:00 pm**	5 **Chair Massages (by appt. only!) 4:00 pm - 6:30 pm**	6	7
8	9 **Monday Wellness Series 6:00 pm - 8:00 pm**	10 **Chair Yoga 4:00 pm - 5:00 pm** **Level 1 Yoga 5:30 pm - 6:30 pm** **Brotherhood 7:00 pm - 8:00 pm**	11 **Gentle Yoga 10:00 am - 11:00 am** ***Student & Family Support (by appt. only!)*** **After School at AICA 4:30 pm - 6:00 pm**	12 *Hunger Task Force Stockbox Pickup & Delivery 1:00 pm - 2:00 pm*	13	14 *See you at the ICS Holiday Craft Fair! 8:00 am - 2:00 pm*
15	16 **Yin Yoga Class 6:00 pm - 7:00 pm**	17 **Chair Yoga 4:00 pm - 5:00 pm** **Level 1 Yoga 5:30 pm - 6:30 pm** **Brotherhood 7:00 pm - 8:00 pm**	18 **Gentle Yoga 10:00 am - 11:00 am** ***Student & Family Support (by appt. only!)*** **After School at AICA 4:30 pm - 6:00 pm**	19 *Narcan Training 3:00 pm*	20	21 ***Youth Holiday Party 1:00 pm - 4:00 pm***
22	23	24 **We are closed!** **Brotherhood 7:00 pm - 8:00 pm**	25 **We are closed! All activities are cancelled.** ***Merry Christmas!***	26	27 ***Adult Holiday Party 1:00 pm - 4:00 pm***	28 **Raised Beadwork 10:00 am - 2:00 pm**
29	30	31 **Chair Yoga 4:00 pm - 5:00 pm** **Level 1 Yoga 5:30 pm - 6:30 pm** **Brotherhood 7:00 pm - 8:00 pm**	*NYE Survival Kit Pick-Up on the 31st! 9:00 am - 5:00 pm*			