

DECEMBER 2025

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 9:00 Spanish 1 - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library/ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) SHIP Counselor 12:00, 1:00, 2:00 2:50 International Ballroom (activity room) \$\$	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM
8	9	10	11	12
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ZOOM) \$\$ 9:00 Glucose Screening 9:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library/ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Kelly (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Kelly (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (activity room) 8:30 Strength - Kelly (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM
15 HAPPY HANUKKAH	16	17	18	19
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 1 - H.O.P.E. (library) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 9:00 Spanish 1 - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria (activity room) 10:00 Spanish 2 - Nelida (library/ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Kelly (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:00 Blood Pressure Screening 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$ 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:30 Strength - Kelly (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna ZOOM
22	23	24 MERRY CHRISTMAS	25 MERRY CHRISTMAS	26 HAPPY KWANZAA
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 2 - H.O.P.E. (library) 1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Kelly (activity room)	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED
29	30	31 NEW YEARS EVE		
SENIOR CENTER CLOSED	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED		