## DECEMBER 2025

(609) 799-9068

		(609) 799-9068		
Monday 1	<u>Tuesday</u>	<u>Wednesday</u>	Thursday 4	<u>Friday</u>
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
9:15 Stronger Seniors Chair Class	9:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Lisa (activity room)
<pre>(double classroom) 10:15 Yoga - Kelly (activity room)</pre>	9:30 Yoga - Ria (activity room)	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
<pre>(double classroom) \$\$ 11:30 Strength - Ed (activity room)</pre>	11:30 Chair, Stretch & Tone - Lisa	(activity room)	(activity room)	10:45 Bollywood Dance (activity room)
1:30 Drawing with Calligraphy - Margaret	(activity room)	11:45 Duplicate Bridge (double classroom)	1:00 Investment Group (double classroom)	11:00 Strength - Anna ZOOM
(double classroom) \$\$		SHIP Counselor 12:00, 1:00, 2:00	1:00 Zumba - Vin (activity room) \$\$	
8	9	2:50 International Ballroom (activity room) \$\$ 10	11	12
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (activity room)
9:15 Stronger Seniors Chair Class	09:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Kelly (activity room)
<pre>(double classroom) 10:15 Yoga - Kelly (activity room)</pre>	9:00 Glucose Screening 9:30 Yoga - Ria	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia	(activity room)  10:00 Spanish 2 - Nelida	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Kelly	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
<pre>(double classroom) \$\$ 11:30 Strength - Ed (activity room)</pre>	(library/ZOOM) \$\$  11:30 Chair, Stretch & Tone	(activity room)  11:45 Duplicate Bridge	(activity room)  1:00 Investment Group	10:45 Bollywood Dance (activity room)
1:30 Drawing with Calligraphy - Margaret	- Kelly (activity room)	(double classroom)  2:50 International Ballroom	(double classroom)  1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
(double classroom) \$\$ 15 HAPPY HANUKKAH	16	(activity room) \$\$ 17	<pre>(activity room) \$\$ 18</pre>	19
9:15 Form & Function - Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
9:15 Stronger Seniors Chair Class (double classroom)	9:00 Spanish 1 - Nelida (library/ZOOM) \$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Ria (activity room)	8:30 Strength - Kelly (activity room)
10:15 Yoga - Kelly (activity room)	9:30 Yoga - Ria (activity room)	9:30 Qigong - Mira (double classroom)	10:00 Art of Watercolor - Margaret (double classroom)	9:30 Chinese Hour - Sylvia (double classroom)
11:00 Art of Oil Painting - Zakia (double classroom) \$\$	10:00 Spanish 2 - Nelida (library/ZOOM) \$\$	10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed	\$\$ 11:00 Cardio - Linda	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Kelly (activity room)	(activity room)  11:00 Blood Pressure Screening	(activity room)  1:00 Investment Group	10:45 Bollywood Dance (activity room)
1:00 - 3:00 Session 1 - H.O.P.E. (library)		11:45 Duplicate Bridge (double classroom)	(double classroom) 1:00 Zumba - Vin	11:00 Strength - Anna ZOOM
1:30 Drawing with Calligraphy - Margaret (double classroom) \$\$		2:50 International Ballroom (activity room) \$\$	(activity room) \$\$	
22 9:15 Form & Function -	23 8:30 Strength - Kelly	24 MERRY CHRISTMAS	25 MERRY CHRISTMAS	26 HAPPY KWANZAA
Kelly (activity room)	(activity room)  09:00 Spanish 1 - Nelida	SENIOR	SENIOR	SENIOR
9:15 Stronger Seniors Chair Class (double classroom)	(library/ZOOM) \$\$  9:30 Yoga - Ria	CENTER	CENTER	CENTER
10:15 Yoga - Kelly (activity room)	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$	CLOSED	CLOSED	CLOSED
11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone - Kelly (activity room)			
1:00 - 3:00 Session 2 - H.O.P.E.				
(library)  1:30 Drawing with  Calligraphy - Margaret				
(double classroom) \$\$ 29	30	31 NEW YEARS EVE		
SENIOR	SENIOR	SENIOR		
CENTER	CENTER	CENTER		
CLOSED	CLOSED	CLOSED		
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