

# JANUARY 2026

(609)799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			 <b>SENIOR CENTER CLOSED</b>	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 Dancing (activity room) 11:00 Strength - Anna ZOOM
5	6	7	8	9
9:15 Walking (activity room) 10:15 Yoga - Ria (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 3 - 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 - Helen (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) 2:50 International Ballroom	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 - Helen (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
12	13	14	15	16
9:15 Form & Function - Kelly (activity room) 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 4 - 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 - Helen (activity room) 1:00 Bingo (double classroom)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna ZOOM 10:00 Hearing Screening 11:00 Chair Yoga - Ed (activity room) 12:15 Sound Bath - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom	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) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
19	20	21	22	23
 <b>SENIOR CENTER CLOSED</b>	8:30 Strength - Kelly (activity room) 9:00-3:00 AARP SAFE DRIVING COURSE 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 - Helen (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) 2:50 International Ballroom	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 - Helen (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM
26	27	28	29	30
9:15 Form & Function - Kelly (activity room) 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 5 - 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 Ageless Grace Program (double classroom) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$ 11:30 Chair, Stretch & Tone - Helen (activity room) 2:00 Book Club (library)	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 Blood Pressure Screening 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom	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 - Vin (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$ 	8:15 Walking (double classroom) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength - Anna ZOOM