

JANUARY 2026

(609)799-9068

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