



DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes 2:00 Step-By-Step Painting with Covenant Caregivers	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Lunch & Learn with AARP "Advocacy for Older Adults" 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
8	9	10	11	12
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 BINGO	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Julia's Memory Café (see back for details.) Buchanan Room 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 Oyster Shell Ornament Craft with Traditions Health 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe Baptist Hospice 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Dominoes
15	16	17	18	19
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 NO SPANISH 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 1:00 Christmas Cookie Swap & Hot Chocolate Bar with Pax Hospice	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Christmas Luncheon \$10 12:00 Dominoes
22	23	24	25	26
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Movie Monday	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 NO SPANISH 1:00 Line Dancing 1:00 Dominoes	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED MERRY CHRISTMAS!!	SENIOR CENTER CLOSED
29	30	31	1	2
8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Beginner Chess 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 NO SPANISH 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art NO BRIDGE NO ART & FRIENDS	SENIOR CENTER CLOSED HAPPY NEW YEAR!	SENIOR CENTER CLOSED

*Purple – RSVP Required *Blue – Fitness Classes *Red – Fee Required

Fitness Class Descriptions	
Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.
Activities	
Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, nondenominational Bible lesson.
Bridge	We have two Bridge groups active: Experienced Bridge and Beginner Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Christmas Cookie Swap & Hot Chocolate Bar	It’s the most wonderful time of the year! And one of everyone’s favorite holiday activities is the cookie swap. You bring cookies, you swap cookies! Everyone leaves with a fun variety of cookies! And the hot chocolate bar as a bonus!! Sponsored by Pax Hospice .
Hand and Foot Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. All levels welcome.
Julia’s Memory Café	Julia’s Memory Café is a safe, comfortable space for individuals living with memory loss and their caregivers. It includes educational and engaging activities, friendly faces and a warm atmosphere. Light refreshments will be served.
Lunch & Learn	Advocacy Matters! AARP will join us for lunch & learn and a empowering conversation about advocacy for older adults. Learn how AARP can advocate and best represent you at the Capitol.
Christmas Luncheon	Christmas is here, come and join in on the cheer! It’s our traditional Christmas luncheon, a time to reflect and celebrate on another year with your senior center friends! Merry Christmas!
Mahjong	Mahjong is a tile-based game played by 4 players. You must have a basic knowledge of the rules and how to play. All are welcome to come and observe to possibly learn how to play.
Movie Monday White Christmas	It’s a Christmas Classic! Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Oyster Shell Ornament Craft	You are invited to come to the Decoupage Oyster Shell Ornament Craft Workshop hosted by Meghan with Traditions Health .
Step-By-Step Painting	Come be the artist that you never thought you could be! Natalie with Covenant Caregivers will take you step-by-step as you paint your masterpiece!
Vet to Vet Cafe	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 nd Thursday of each month at 9:30am. Breakfast will be served.