December Wellness 2026

Daily: First 30 minutes of Pickleball Play is for Beginners

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **8:30-10:15** **LARGE GYM CLOSED FOR CLEANING** 11:15 CHAIR DANCE AEROBICS 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	2 8:30–9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	3 **8:30– 9:50 Pickleball Club Practice** 10:00 **QI GONG- Sign up** 11:30 CHAIR YOGA 1:45 PICKLEBALL- Open Play	6 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
7 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	8 **8:30-10:15** **LARGE GYM CLOSED FOR CLEANING** 10:15 – 11:00 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	9 8:30–9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING **12:30 Gentle Mat Yoga W/Cynthia** 1:30 PICKLEBALL- Open Play	10 **8:30– 9:50 Pickleball Club Practice** 10:00 **QI GONG- Sign up** 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	11 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
14 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	15 **8:30-10:30** **LARGE GYM CLOSED FOR CLEANING** 11:15 CHAIR DANCE AEROBICs 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	16 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	17 **8:30– 9:50 Pickleball Club Practice** **10:00 QI GONG- Sign up** 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	18 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
21 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	22 **8:30-10:15** **LARGE GYM CLOSED FOR CLEANING** 10:15 – 11:00 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	23 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	24 **8:30– 9:50 Pickleball Club Practice** **10:00 QI GONG- Sign up** 11:30 **NO** CHAIR YOGA 1:30 **NO** PICKLEBALL- Open Play **Subject to Early Closing** **Only Medical & Shopping Transport**	**SENIOR CENTER CLOSED** 25 
28 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	29 **8:30-10:15** **LARGE GYM CLOSED FOR CLEANING** 10:15 – 11:00 INDOOR WALKING **10am – 12pm APSEA- BP/BMI** 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	30 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	31 **8:30– 9:50 Pickleball Club Practice** **10:00 QI GONG- Sign up** 11:30 **NO** CHAIR YOGA 1:30 **NO** PICKLEBALL- Open Play **Subject to Early Closing** **Only Medical & Shopping Transport**	*The Senior Center Staff wishes you all a Wonderful Holiday Season and a Happy and Healthy New Year!* **2027 Loading… Let's Do This!**