



Monday	Tuesday	Wednesday	Thursday	Friday
1 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by AssureSource 1P: Mahjong 1:30P: Active Living Everyday w/ G. Hawley wk 11 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	2 8A: Balance & Stretch 9A: Bible Study w/ Dava Lee FINAL SESSION for this year 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: WERQ - in the Group Fitness Room 7P: Flow & Yin Yoga - in the Group Fitness Room	3 9A: Silver Sneakers Classic 9:30A: Kindness Rock Painting Arts & Crafts Room 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P-4:30P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	4 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 9:30A: Veteran’s Meet & Greet – Arts & Crafts Room 10A: Making Poinsettias Class – Classroom 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam 6:15P: WERQ - in the Group Fitness Room	5 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Parkour Silver 4P-5:30P: 10 Year Anniversary 6P: Tree Lighting at Lincoln Park The following will not be meeting this day: Beg. Double-Deck Pinochle Scrabble ROOK
8 DEADLINE TO TURN IN CHRISTMAS BLESSING TREE GIFTS 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by Abundant Christian Living 1P: Mahjong 1:30P: Active Living Everyday w/ G. Hawley wk 12 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	9 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds by Hubs Paint and Design 1P: Movement w/ Intention 1:30P: Knit Pickers 2P-3P: General Technology Assistance 2P: Zumba Class 2P: Alzheimer’s TN 3P: Yogalates 6P-7p: Social Security & Retirement Seminar – Dining Room 6:15P: WERQ - in the Group Fitness Room 7P: Flow & Yin Yoga - in the Group Fitness Room	10 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P-4:30P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	11 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Volunteers Needed for: Christmas Blessing Tree Gift Wrapping 9A: Silver Sneakers Ener-Chi 9A-10:15A: Gratitude Journal 10A: Gentle Yoga 10A-2P: Massage Therapy 10A: Writers Group 10:45A: Lunch Bunch 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam 6P-7p: Social Security & Retirement Seminar – Dining Room 6:15P: WERQ - in the Group Fitness Room	12 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Tracy 9:30A: Bowling & Lunch 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Parkour Silver 1:30P: ROOK

Flip over, to see the rest of the month

15 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by <i>Dillow-Taylor</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	16 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: WERQ – in the Group Fitness Room 7P: Flow & Yin Yoga - in the Group Fitness Room	17 9A: Silver Sneakers Classic 9:30A: Painting with Tania: 10A: Silver Sneakers Circuit 10A: Book Crazies 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P-4:30P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	18 No J. Dulcimer Players this day 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Cookies in a Jar – Dining Room 10A: Gentle Yoga 10A-2P: Massage Therapy 1P: Bridge 1P: Joyful Women’s Bible Study (<i>meeting today rather since can’t meet on Friday</i>) 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam 6:15P: WERQ – in the Group Fitness Room	19 9A: Silver Sneakers Classic 9A: Bridge 9:30A: Fun with Trivia 9:30A: <u>Not Your Mother’s Sewing Guild</u> 10A: Silver Sneakers Circuit CLOSING AT 11AM The following will not be meeting this day: Joyful Women’s Bible Study Parkour Silver Beg. Double-Deck Pinochle Scrabble ROOK
22 No Coffee & Chat this day 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO by <i>Visiting Angels</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	23 No Massage Therapy this day 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: WERQ - in the Group Fitness Room 6:30P: Coin Club in the Music Room 7P: Flow & Yin Yoga - in the Group Fitness Room	24 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit CLOSING AT 11AM The following will not be meeting this day: Café Connection Hand & Foot Scrabble Meditation with Lotus Fun Pump Chess Fitness Equipment Orientation Chair Yoga	25 CLOSED 	26 CLOSED 
29 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO by <i>Home Instead</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	30 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: WERQ - in the Group Fitness Room 7P: Flow & Yin Yoga - in the Group Fitness Room	31 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P-4:30P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	CALENDAR UPDATED 12/1/25	Color-Coded Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park