

December 2025

# SENIOR *News*

For more information Contact  
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Silent Auction Mon.  
12/08 @ 11:30AM

**MEMBERS ONLY HOLIDAY  
LUNCHEON w/ Gift Exchange**  
Mon. 12/15 @ 11:30AM

## Exercise Classes Available:

**Senior Dance Fitness:**  
Mon.-Thurs. 9-9:45AM  
\$5/Class

**Pilates:**  
Tue./Wed./Thurs. 10AM  
\$5/Class

**Chair Zumba Gold:**  
Mon./Wed. 11AM  
\$25/Month

**Essentrics Aging Backwards:**  
Fri. @ 9AM ~ \$7/Class

**Line Dance:**  
Wed. @ 12PM ~\$5/Class

**Tai Chi:**  
Thurs. @ 11:30AM  
\$5/Class

**Birthdays in  
December:**



12/03: Linda  
12/14: Betty S

**Blood Pressure Checks:**  
12/08 & 12/18 @ 12PM

## PROGRAMS:

**Arts & Craft:**  
Tue./Thurs. @ 9AM

**Mahjong/Cards**  
Tues./Thurs. @ 9AM

**BINGO:**  
Mon./Thurs. @ 1PM

**POKENO:**  
Fridays ~ 12PM - 3PM