



WELCOME *January*

SENIOR NEWS

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

Blood Pressure Checks:

01/12 & 01/15 @ 12PM

PROGRAMS:

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



Mahjong/Cards
Tues./Thurs. @ 9AM

BINGO:
Mon./Thurs. @ 1PM

POKENO:
Fridays ~ 12PM-3PM

Happy Birthday

Birthdays in January 2026:

 01/14: Bob K. 
01/16: Lauren P.

