

December

2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1  Dynamic Stretching 1:30 p.m. to 2:30 p.m.	2	3  Gentle Aerobics 10 a.m. to 11 a.m.	4	5  Social Café 8:30 a.m. to 9:30 a.m.  Gentle Aerobics 10 a.m. to 11 a.m.	6	7  Breakfast with Santa Claus 10 a.m. to 12 p.m.
8  Christmas Decorations 9 a.m. to 12 p.m.  Dynamic Stretching 1:30 p.m. to 2:30 p.m.	9	10  Gentle Aerobics 10 a.m. to 11 a.m.	11	12  Social Café 8:30 a.m. to 9:30 a.m.  Gentle Aerobics 10 a.m. to 11 a.m.	13  Holiday Cookie Decorating 1 p.m. to 4 p.m.	14
15  Dynamic Stretching 1:30 p.m. to 2:30 p.m.	16	17  Gentle Aerobics 10 a.m. to 11 a.m.	18  Holiday Tea Time 2 p.m. to 5 p.m.	19  Social Café 8:30 a.m. to 9:30 a.m.  Gentle Aerobics 10 a.m. to 11 a.m.	20	21
22	23	24	25	26	27	28
29 	30	31				