



# Senior Programs - December 2025



MON	TUE	WED	THU	FRI
1 10:00am <b>Seated SAIL</b>  11:40am <b>Seated SAIL</b> with Jan 12:45pm Writers Support Group	2 11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Cafe Lunch</b> <i>Ham and Cheese Sliders</i>	3 10:00am <b>Seated SAIL</b>	4 10:00am SAIL <b>Aerobics</b>  11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	5
8 10:00am <b>Seated SAIL</b>  11:40am <b>Seated SAIL</b> with Jan 12:45pm Writers Support Group	9 11:00am SAIL <b>Aerobics</b> <b>Birthday Celebration</b> 12:15pm <b>Senior Cafe Lunch</b> <i>Pasta Lunch</i> <b>Entertainment by Naomi Morgan</b>	10 10:00am <b>Seated SAIL</b>	11 10:00am SAIL <b>Aerobics</b> <b>11:00am Cooking Class by registration only!</b>  11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	12
15 10:00am <b>Seated SAIL</b>  11:40am <b>Seated SAIL</b> with Jan 12:45pm Writers Support Group	16 11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Cafe Lunch</b> <i>Frittatas</i>	17 10:00am <b>Seated SAIL</b>	18 10:00am SAIL <b>Aerobics</b>  11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	19
22  <b>CLOSED for Christmas</b>	23  <b>CLOSED for Christmas</b>	24  <b>CLOSED for Christmas</b>	25  <b>CLOSED for Christmas</b>	26  <b>CLOSED for Christmas</b>
29 10:00am <b>Seated SAIL</b>  11:40am <b>Seated SAIL</b> with Jan 12:45pm Writers Support Group	30 11:00am SAIL <b>Aerobics</b>  12:15pm <b>Senior Cafe Lunch</b> 80's Themed Lunch <b>New Year's Party</b>	31 10:00am <b>Seated SAIL</b>	Jan 1  <b>CLOSED for New Years</b>	2 