

December 2025

SENIOR *News*

For more information Contact
Janice Valandingham
at JVALANDINGHAM@fwb.org

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