



Live here
Live well.

DECEMBER 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



8:00 Pickleball Lesson - PC
11:00 Total Strength and Stretch w/Yesi- FC
1:00 Bingo w/Chuck- AR
3:00 Game Time - Pub
6:00 Bible Study - Pub

10:00 Garden Club - AR
1:00 Chari Yoga w/Suzanne- FC
3:00 Loteria - AR
4:00 Spanish Lesson - Pub
6:00 Bring a Friend Bingo - AR

10:30 Low-Impact Circuit w/Diane - FC
12:00 Mahjong - Pub
1:00 Chair Yoga w/Liz - FC
1:00 Mexican Train Dominos Club - GR
3:00 Loteria
5:00 Tree Lighting Ceremony w/Acoustic Performance by Jeff Wood
6:00 Texas Hold-Em - Pub

9:30 Sit to Fit w/Diane - FC
11:00 Beanbag Baseball - FC
1:00 Bingo - AR
2:30 42 Dominoes Club - GR
5:00 Birthday Bash Social Hour
Menu:
Pizza, Salad, & Dessert

9:30 Core n More w/Diane - FC
1:00 Bring a Friend Bingo - AR
2:00 Hand & Foot - GR
2:30 Billiards and Brews - GMR

10:15 Gentle Yoga w/Liz - FC
1:00 Rummikub Club - Pub
10:00 - 2:00 Market Day

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2:00 Euchre Card Club

10:00 New Resident Orientation- THTR
11:00 Total Strength and Stretch w/Yesi- FC
1:00 Bingo w/ Chuck- AR
3:00 Game Time - Pub
6:00 Bible Study - Pub
6:00 Bring A Friend Loteria - AR

10:00 Garden Club - AR
11:30 Lunch Bunch: Cha La Wan Thai Cuisine
1:00 Chair Yoga w/Suzanne- FC
3:00 Loteria - FC
4:00 Spanish Lesson - Pub
6:00 Bring a Friend Bingo - AR

10:30 Low-Impact Circuit w/Diane - FC
12:00 Mahjong- Pub
1:00 Chair Yoga w/Liz - FC
1:00 Mexican Train Dominos Club - GR
3:00 Loteria
6:00 Dealer's Choice Poker - Pub

9:30 Sit to Fit w/Diane - FC
1:00 Bingo - AR
2:30 42 Dominoes Club - GR
5:00 BBQ: Chicken Sandwiches, Chili Dogs, Potato Salad, and Beans
7:00 Pickleball Lesson - PC

9:30 Core n More w/Diane - FC
12:00 - 2:00 Resident Renewal Luncheon - Pub
1:00 Bring a Friend Bingo - AR
2:00 Hand & Foot - GR
2:30 Billiards & Brews - GMR
3:30 Smart Phone 101 w/David

10:15 Gentle Yoga w/Liz - FC
1:00 Rummikub Club - Pub
1:00 Saturday Afternoon Movie Club - "National Lampoon's Christmas Vacation"

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2:00 Euchre Card Club

8:00 Pickleball Lesson - PC
10:00 Resident Ambassador Meeting - Pub
11:00 Total Strength and Stretch w/Yesi - FC
1:00 Bingo w/Chuck - AR
3:00 Game Time - Pub
6:00 Bible Study - Pub

10:00 Garden Club - AR
1:00 Chair Yoga w/Suzanne- FC
3:00 Loteria - Pub
4:00 Spanish Lesson - Pub
6:00 Bring a Friend Bingo - AR

10:30 Low-Impact Circuit w/Diane - FC
11:30 A Walk in the Park w/Mike (Landa Park)
12:00 Mahjong - Pub
1:00 Mexican Train Dominos Club - GR
1:00 Chair Yoga w/Liz - FC
3:00 Loteria
6:00 Texas Hold-Em - Pub

9:30 Sit to Fit w/Diane - FC
11:00 Beanbag Baseball - FC
1:00 Bingo w/Chuck - AR
2:30 42 Dominoes Club- GR
5:00 Community Social Hour
Menu: Turkey & Ham Dinner
Menu: We will provide the Turkey, Ham, and some fixins'. Bring your own sides to share with everyone!

9:30 Core n More w/ Diane - FC
1:00 Bring a Friend Bingo - AR
2:00 Hand & Foot - GR
2:30 Billiards & Brews - GMR
5:30 Snowball Soiree

10:15 Gentle Yoga w/Liz - FC
1:00 Rummikub Club - Pub

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2:00 Euchre Card Club

11:00 Total Strength and Stretch w/Yesi - FC
1:00 Bingo w/Chuck- AR
3:00 Game Time - Pub
6:00 Bible Study - Pub
6:00 Bring A Friend Loteria - AR

10:00 Garden Club - AR
11:30 Lunch Bunch: Avery's Kitchen LLC
1:00 Chair Yoga w/Suzanne- FC
3:00 Loteria - Pub
4:00 Spanish Lesson - Pub
6:00 Bring a Friend Bingo - AR

12:00 Mahjong- Pub
1:00 Mexican Train Dominos Club - GR
3:00 Loteria
6:00 Dealer's Choice Poker - Pub

OFFICE CLOSED FOR CHRISTMAS
1:00 Bingo w/Chuck- AR
2:30 42 Dominoes Club - GR
5:00 Community Pot Luck: Bring out your favorite dishes!

1:00 Bring a Friend Bingo - AR
2:00 Hand & Foot - GR
2:30 Billiards & Brews - GMR
3:30 Smart Phone 101 w/David

10:15 Gentle Yoga w/Liz - FC
1:00 Rummikub Club - Pub

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2:00 Euchre Card Club

11:00 Total Strength and Stretch w/Yesi - FC
1:00 Bingo w/Chuck- AR
3:00 Game Time - Pub
6:00 Bible Study - Pub
6:00 Bring A Friend Loteria - AR

10:00 Garden Club - AR
1:00 Chair Yoga w/Suzanne- FC
3:00 Loteria - Pub
4:00 Spanish Lesson - Pub
6:00 Bring a Friend Bingo - AR

12:00 Mahjong - Pub
1:00 Mexican Train Dominos Club - GR
3:00 Loteria
6:00 Texas Hold-Em - Pub



Contact Shape Up @
512.415.2828 &
schedule an appt. to
receive a complimentary
session.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 am Total Strength/Stretch w/Yesi	2 1pm Chair Yoga- FC Suzanne	3 10:30 am Low Impact Circuit- FC Diane 1pm Chair Yoga-FC Liz	4 9:30am Sit to Fit-FC Diane	5 9:30am Core N More-FC Diane	6 Gentle Yoga @ 10:15am Liz
7 No Class	8 11:00 am Total Strength/Stretch w/Yesi	9 1pm Chair Yoga- FC Suzanne	10 10:30 am Low Impact Circuit- FC Diane 1pm Chair Yoga-FC Liz	11 9:30am Sit to Fit-FC Diane	12 9:30am Core N More-FC Diane	13 Gentle Yoga @ 10:15am Liz
14 No Class	15 11:00 am Total Strength/Stretch w/Yesi	16 1pm Chair Yoga-FC Suzanne	17 10:30 am Yoga for Strength -FC Suzanne 1pm Chair Yoga-FC Liz	18 9:30am Sit to Fit-FC Diane	19 9:30am Core N More-FC Diane	20 Gentle Yoga @ 10:15am Liz
21 No Class	22 11:00 am Total Strength/Stretch w/Yesi	23 1pm Chair Yoga-FC Suzanne	24 Happy Holidays!	25 Happy Holidays!	26 Happy Holidays!	27 Gentle Yoga @ 10:15am Liz
28 No Class	29 11:00 am Total Strength/Stretch w/Yesi	30 1pm Chair Yoga-FC Suzanne	31 Happy Holidays!			

