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| | 1 9:30 Strength/Balance 11:00 Strength/Balance | 2 9:00 Walking Group 11:00 Intermediate Tai Chi | 3 9:30 Strength/Balance 11:00 Strength/Balance | 4 9:00 Walking Group 11:00 Beginner Zumba |
| 7 9:00 Walking Group 11:00 Chair Yoga (\$2.00) | 8 Birthday Bash 9:30 Strength/Balance 11:00 Strength/Balance | 9 9:00 Walking Group 11:00 Intermediate Tai Chi | 10 9:30 Strength/Balance 11:00 Strength/Balance HANNUKAH BEGINS | 11 9:00 Walking Group 11:00 Intermediate Tai Chi |
| 14 9:00 Walking Group 11:00 Chair Yoga (\$2.00) | 15 9:30 Strength/Balance 11:00 Strength/Balance | 16 9:00 Walking Group 11:00 Intermediate Tai Chi | 17 9:30 Strength/Balance 11:00 Strength/Balance | 18 9:00 Walking Group 11:00 Intermediate Tai Chi LAST DAY OF HANNUKAH |
| 21 9:00 Walking Group 11:00 Chair Yoga (\$2.00) | 22 9:30 Strength/Balance 11:00 Strength/Balance | 23 9:00 Walking Group 11:00 Intermediate Tai Chi | 24 CHRISTMAS EVE 9:30 Strength/Balance 11:00 Strength/Balance | 25 CLOSED FOR CHRISTMAS |
| 28 9:00 Walking Group 11:00 Chair Yoga (\$2.00) | 29 9:30 Strength/Balance 11:00 Strength/Balance | 30 9:00 Walking Group 11:00 Intermediate Tai Chi | 31 NEW YEAR'S EVE | |