

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>9 am—11 am</div> <div>Diabetes Workshop</div> <div>10am—11am</div> <div>Willie Bucks Shop</div> <div>1pm—Yoga</div> <div>12 pm—BINGO</div>	<div>2</div> <div>9 am—Painting</div> <div>9:30 am—Daiso Outing</div> <div>10am—Trivia</div> <div>9:30 am—WellMed Walk</div>	<div>3</div> <div>9 am—YWCA Dancing</div> <div>10 am—OATS Technology Class</div> <div>12 pm—Loteria</div>	<div>4</div> <div>9 am—YWCA Joint Movement</div> <div>9am—10am</div> <div>CSFP Distribution</div> <div>10 am—Seniors in Play</div> <div>12 pm—Oasis (Cybercrime)</div>	<div>5</div> <div>9 am—BINGO</div> <div>9:30 am—Walmart Outing</div> <div>10 am—Zumba</div> <div>CENTER CLOSED AT 2 PM FOR STAFF MEETING</div>
<div>8</div> <div>9am—10am</div> <div>“Convoy of Hope” (Project Hope Distribution)</div> <div>12 pm—BINGO</div> <div>1pm—Yoga</div>	<div>9</div> <div>8:00 am—11 am</div> <div>CaregiverSOS</div> <div>9 am—Painting</div> <div>9am—10am</div> <div>Food Bank Apps</div> <div>NEW MEMBERS</div> <div>9:30 am—WellMed Walk</div>	<div>10</div> <div>9 am—YWCA Dancing</div> <div>10 am—OATS Technology Class</div> <div>12 pm—Loteria</div>	<div>11</div> <div>9 am—YWCA Joint Movement</div> <div>10 am—Seniors in Play</div> <div>*Showcase*</div> <div>12 pm—Oasis (Cybercrime)</div>	<div>12</div> <div>9 am—BINGO</div> <div>9:30 am—Hobby Lobby Outing</div> <div>10 am—Zumba</div>
<div>15</div> <div>9am—Birthday & Holiday Celebration</div> <div>12 pm—BINGO</div> <div>1pm—Yoga</div>	<div>16</div> <div>9 am—Painting</div> <div>10 am—Nutrition Education</div> <div>9:30 am—WellMed Walk</div>	<div>17</div> <div>9 am—YWCA Dancing</div> <div>10 am—OATS Technology Class</div> <div>12 pm—Loteria</div>	<div>18</div> <div>9 am—YWCA Joint Movement</div> <div>10 am—Seniors in Play</div>	<div>19</div> <div>9 am—BINGO</div> <div>9:30 am—Walmart Outing</div> <div>10 am—Zumba</div>
<div>22</div> <div>9:15 am—BINGO</div> <div>9:30 am—Dollar Tree Outing</div> <div>1pm—Yoga</div>	<div>23</div> <div>9 am—Nutrition Education</div> <div>9:30 am—WellMed Walk</div>	<div>24</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>	<div>25</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>	<div>26</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>
<div>29</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>	<div>30</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>	<div>31</div> <div>CENTER CLOSED</div> <div>Happy Holidays!</div>	<div>Jan 1, 2026</div> <div>CENTER CLOSED</div> <div>Happy New Year!</div>	<div>Jan 2, 2026</div> <div>9 am—BINGO</div> <div>10 am—Zumba</div> <div>CENTER CLOSED AT 2 PM FOR STAFF MEETING</div>

Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>1</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>2</u> 4pm—Movie 4:30pm—BINGO 4:30pm—7:30pm Willie Bucks Shop 5:30pm—7:00 pm Karaoke	<u>3</u> 4pm—Movie 4:30pm—Strength Resistance 5:30pm—Crafts	<u>4</u> 4pm—Movie 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>8</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>9</u> 4pm—Movie 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>10</u> 4pm—Movie 4:30pm—Strength Resistance 5:30pm—Crafts	<u>11</u> 4pm—Movie 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>15</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>16</u> 4pm—Movie 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>17</u> 4:30pm—Strength Resistance 5:30pm—Birthday & Holiday Celebration *Ugly Sweater Contest*	<u>18</u> 4pm—Movie 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>22</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>23</u> 4pm—Movie 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>24</u> <u>CENTER CLOSED</u> Happy Holidays!	<u>25</u> <u>CENTER CLOSED</u> Happy Holidays!
<u>29</u> <u>CENTER CLOSED</u> Happy Holidays!	<u>30</u> <u>CENTER CLOSED</u> Happy Holidays!	<u>31</u> <u>CENTER CLOSED</u> Happy Holidays!	<u>Jan 1, 2026</u> <u>CENTER CLOSED</u> Happy New Year!

Reminders

(Note: Calendar subject to change without advance notice)

With our extended hours in full affect we ask all of our members staying for activities between 4pm-8pm to please select the “PM Check in” and the “PM Activity” buttons starting at 4pm.



Come by to see the Caregiver SOS Specialist for FREE Caregiver Support
2nd Tuesday of every month
8: 00 AM - 1:00 PM

Coaching * Support Groups
Stress Busting * Education


866-390-6491
Lkeown@wellmed.net

WellMed Nurse

-Tuesdays, Wednesdays, & Thursdays | 8am—3:30pm*

-Walking Group every Tuesday (except 3rd Tuesday of the month)

*Subject to change



LUNCH
Monday—Friday
11:00 AM - 12:00 PM
Meals are served on a first come basis.

- No outside food or drinks from 11 am to 12 pm.
- No food or drinks in Computer & Game rooms
- If you are ill please stay home.