

**NEVER ANY SESSIONS ON WEDNESDAYS**

**Open Gym:** TU/TH/FR 9:00 AM – 3:00 PM, INDIVIDUAL EXERCISE/VITALS TAKEN

### Group SESSIONS –

TAI CHI (W/ DAVID) MON, TUE, THU, FRI (30 min x2)	ZOOM ID# 897 520 111
9:00 AM, Full version Short COURSE	
9:30 AM F INTRODUCTORY MOVES	
EXERCISE SESSIONS (W/LINDA, STRETCH/BALANCE/RESISTANCE)	
GROUP STRETCH → TUE, THU, 10:15 AM, 45 MINUTES	ZOOM ID # 881 9363 5013
GROUP RESISTANCE → TUE/THU 11:10 AM, 20 MIN	ZOOM ID #889 3266 7307
CIRCUITS → MON, TUE, THU, FRI @ 1:15 PM, 60 MINUTES	ZOOM ID #505 510 964
CHAIR EXERCISE → MON, TUES, THU @ 2:30 PM, 45 MINUTES	ZOOM ID # 950 2893 0586
BALANCE ACTIVITIES FRI, @ 2:30 PM, 45 MINUTES	ZOOM ID# 865 7400 3755
INSTRUCTIONAL MAHJONGG, FRI, 9:30-11:30 AM	IN PERSON ONLY

### EDUCATION SESSIONS:

TUES/THUR/FRI @ 11:45 AM	ZOOM ID# 916 5375 9408
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### GUEST SPEAKERS

Tue, Dec 2 <sup>nd</sup>	11:45 am	Psychosocial Wellness- Lifetime Events	Linda Goode, LCSW
Thu, Dec 4 <sup>th</sup>	11:45 am	Self-Care during the Holidays	Sharon Myers, RN
Fri, Dec 5 <sup>th</sup>	11:45 am	Students in the Kitchen	
Tue, Dec 9 <sup>th</sup>	11:45 am	MicroNutrients	Debbie Lucas, RD
Thu, Dec 11 <sup>th</sup>	11:45 am	Flavor Profiles	Dushyant NuFD117
Fri, Dec 12 <sup>th</sup>	11:45 am	Soup Kit Making	group activity
Tue, Dec 16 <sup>th</sup>	11:45 am	Cooking Demo	Debbie & John
Thu, Dec 18 <sup>th</sup>	11:45 am	Winter Health	Radhika Bukkapatham, M.D.
Fri, Dec 19 <sup>th</sup>	10:45 am	Mindfulness Practice	Linda Larsen, R.N.
Plus	11:45 am	Holiday Party	WFPB Eating/Company Sharing

**Mon, Dec 22<sup>nd</sup>**

**Start of Winter Holiday**

### Holiday Break

December 22<sup>nd</sup> – January 2<sup>nd</sup>

Back to sessions Monday, January 5<sup>th</sup>, 2026

