Shenandoah Park Active Adults 55+ December 2025

Mon Fri Water Aerobics In-Person Fitness Class **Seniors Take The Tennis Court** Monday - Friday 9AM - 10AM @ Shenandoah Park w/ Graciela 9AM - 11AM Shenandoah Coed Softball 9AM - 1PM Bowling League at League 9AM - 11AM **Holiday Choir Rehearsal** Bird Bowl 9AM - 1PM **Dolphin Mall** 11AM - 12:30PM Regal Chess Program Memory Workshop w/Graciela Senior Planet Presents: 1PM - 2:30PM 10AM - 4:30PM Mady's Dance Factory 2PM-4PM In-Person Chair/Standing n Computer Essentials mag Club de Knitting, Painting Aerobics Fitness Class 1PM - 2PM 1PM - 3PM Y Cafecito con Regina 2:30PM - 4:30PM **Annual Tree Lighting & Holiday** Memory Workshop w/Graciela 3PM - 4:30PM Festival at City Hall 5PM - 9PM 9 Water Aerobics **In-Person Fitness Class** 10 Seniors Take The Tennis Court Monday - Friday 9AM - 10AM @ Shenandoah Park w/ Graciela Shenandoah Coed Softball 9AM - 11AM **Cauley Square Historic Village** 9AM - 1PM **Bowling League at** League 9AM - 11AM Bird Bowl 9AM - 1PM **Holiday Choir Rehearsal Charming Village Features** Regal Chess Program Memory Workshop w/Graciela 11AM - 12:30PM **Senior Planet Presents:** Cottage Shops, Restaurants, 2PM-4PM 1PM - 2:30PM **Gardens and More Computer Essentials** Mady's Dance Factory 10:30AM - 4PM 1PM - 3PM Club de Knitting, Painting In-Person Chair/Standing Aerobics Y Cafecito con Regina Memory Workshop w/Graciela Fitness Class 1PM - 2PM 3PM - 4:30PM 2:30PM - 4:30PM 15 **Water Aerobics** 16 In-Person Fitness Class 18 Seniors Take The Tennis Court Monday - Friday 9AM - 10AM @ Shenandoah Park w/ Graciela **Holiday Luncheon** Shenandoah Coed Softball 9AM - 11AM 9AM - 1PM **Bowling League at** & Birthday Celebration League 9AM - 11AM Bird Bowl 9AM - 1PM **Holiday Choir Rehearsal Sponsored by Commissioner** Regal Chess Program Memory Workshop w/Graciela 11AM - 12:30PM **Senior Planet Presents:** Vicki Lopez 1PM - 2:30PM 2PM-4PM **Computer Essentials** Mady's Dance Factory 2:30PM - 4PM Club de Knitting, Painting 1PM - 3PM In-Person Chair/Standing Aerobics (Preferably Red and Green Attire) Y Cafecito con Regina Fitness Class 1PM - 2PM Memory Workshop w/Graciela 2:30PM - 4:30PM 3PM - 4:30PM 22 24 25 26 Water Aerobics In-Person Fitness Class Monday - Friday 9AM - 10AM @ Shenandoah Park w/ Graciela Shenandoah Coed Softball 9AM - 1PM Senior Planet Presents: League 9AM - 11AM **Computer Essentials** Memory Workshop w/Graciela 1PM - 3PM Club de Knitting, Painting 2PM-4PM Memory Workshop w/Graciela Y Cafecito con Regina 3PM - 4:30PM 2:30PM - 4:30PM 29 31 Water Aerobics In-Person Fitness Class Monday - Friday 9AM - 10AM @ Shenandoah Park w/ Graciela Shenandoah Coed Softball 9AM - 1PM Senior Planet Presents: League 9AM - 11AM **Computer Essentials** Memory Workshop w/Graciela 1PM - 3PM Club de Knitting, Painting 2PM-4PM Memory Workshop w/Graciela Y Cafecito con Regina 3PM - 4:30PM 2:30PM - 4:30PM



