

# Shenandoah Park Active Adults 55+ December 2025

Mon

Tue

Wed

Thu

Fri

1 Water Aerobics  
Monday - Friday 9AM - 10AM  
Bowling League at  
Bird Bowl 9AM - 1PM  
**Senior Planet Presents:  
Computer Essentials  
1PM - 3PM**  
Memory Workshop w/Graciela  
3PM - 4:30PM



2 In-Person Fitness Class  
@ Shenandoah Park w/ Graciela  
9AM - 1PM  
**Memory Workshop w/Graciela  
2PM-4PM**



3 Shenandoah Coed Softball  
League 9AM - 11AM  
Regal Chess Program  
1PM - 2:30PM  
**Club de Knitting, Painting  
Y Cafecito con Regina  
2:30PM - 4:30PM**



4 **Seniors Take The Tennis Court  
9AM - 11AM**  
**Holiday Choir Rehearsal  
11AM - 12:30PM**  
Mady's Dance Factory  
In-Person Chair/Standing  
Aerobics Fitness Class 1PM - 2PM  
**Annual Tree Lighting & Holiday  
Festival at City Hall 5PM - 9PM**



5 **Dolphin Mall  
10AM - 4:30PM**



8 Water Aerobics  
Monday - Friday 9AM - 10AM  
Bowling League at  
Bird Bowl 9AM - 1PM  
**Senior Planet Presents:  
Computer Essentials  
1PM - 3PM**  
Memory Workshop w/Graciela  
3PM - 4:30PM



9 In-Person Fitness Class  
@ Shenandoah Park w/ Graciela  
9AM - 1PM  
**Memory Workshop w/Graciela  
2PM-4PM**



10 Shenandoah Coed Softball  
League 9AM - 11AM  
Regal Chess Program  
1PM - 2:30PM  
**Club de Knitting, Painting  
Y Cafecito con Regina  
2:30PM - 4:30PM**



11 **Seniors Take The Tennis Court  
9AM - 11AM**  
**Holiday Choir Rehearsal  
11AM - 12:30PM**  
Mady's Dance Factory  
In-Person Chair/Standing Aerobics  
Fitness Class 1PM - 2PM



12 **Cauley Square Historic Village  
Charming Village Features  
Cottage Shops, Restaurants,  
Gardens and More  
10:30AM - 4PM**



15 Water Aerobics  
Monday - Friday 9AM - 10AM  
Bowling League at  
Bird Bowl 9AM - 1PM  
**Senior Planet Presents:  
Computer Essentials  
1PM - 3PM**  
Memory Workshop w/Graciela  
3PM - 4:30PM



16 In-Person Fitness Class  
@ Shenandoah Park w/ Graciela  
9AM - 1PM  
**Memory Workshop w/Graciela  
2PM-4PM**



17 Shenandoah Coed Softball  
League 9AM - 11AM  
Regal Chess Program  
1PM - 2:30PM  
**Club de Knitting, Painting  
Y Cafecito con Regina  
2:30PM - 4:30PM**



18 **Seniors Take The Tennis Court  
9AM - 11AM**  
**Holiday Choir Rehearsal  
11AM - 12:30PM**  
Mady's Dance Factory  
In-Person Chair/Standing Aerobics  
Fitness Class 1PM - 2PM



19 **Holiday Luncheon  
& Birthday Celebration  
Sponsored by Commissioner  
Vicki Lopez  
2:30PM - 4PM  
(Preferably Red and Green Attire)**



22 Water Aerobics  
Monday - Friday 9AM - 10AM  
**Senior Planet Presents:  
Computer Essentials  
1PM - 3PM**  
Memory Workshop w/Graciela  
3PM - 4:30PM



23 In-Person Fitness Class  
@ Shenandoah Park w/ Graciela  
9AM - 1PM  
**Memory Workshop w/Graciela  
2PM-4PM**



24 Shenandoah Coed Softball  
League 9AM - 11AM  
**Club de Knitting, Painting  
Y Cafecito con Regina  
2:30PM - 4:30PM**



25 **Happy Holidays**



26 **Let it Snow**



29 Water Aerobics  
Monday - Friday 9AM - 10AM  
**Senior Planet Presents:  
Computer Essentials  
1PM - 3PM**  
Memory Workshop w/Graciela  
3PM - 4:30PM



30 In-Person Fitness Class  
@ Shenandoah Park w/ Graciela  
9AM - 1PM  
**Memory Workshop w/Graciela  
2PM-4PM**



31 Shenandoah Coed Softball  
League 9AM - 11AM  
**Club de Knitting, Painting  
Y Cafecito con Regina  
2:30PM - 4:30PM**

