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<p>●</p> <p>●</p> <p>●</p>	<p>FREE (Registration Encouraged)</p> <p>Registration Required + Cost</p> <p>Registration Required - FREE</p>	<h1>JANUARY</h1> <h2>2026</h2>		 <p>BUILDING CLOSED</p>	<p><u>1:30:</u> Bingo</p>	
4	5 <p><u>8:00:</u> Walk West U (meet here)</p> <p><u>9:30:</u> Bridge (Open Play)</p> <p><u>11:00:</u> Intro to Computers (Jan 5 - Feb 6)</p> <p><u>12:30</u> FREE TRIAL Group Exercise: Boxing</p> <p><u>1:00:</u> Mahjong (Open Play)</p> <p><u>1:00:</u> Fine Art of Napkin Folding</p> <p><u>1:30-4:00:</u> Spanish Lessons</p> <p><u>4:00:</u> Balance & Stretch</p>	6 <p><u>10:00:</u> Golden Notes Chorus Sing-Along</p> <p><u>1:00:</u> Game Time - You Pick! UNO or Rummikub</p>	7 <p><u>10:00:</u> Needlework</p> <p><u>10:00:</u> Black Pants Club Trip HJF Resale Shop</p> <p><u>10:00:</u> West U Mahjong Club</p> <p><u>11:00:</u> Book Discussion Group (register with Library)</p> <p><u>1:00:</u> Mahjong Lessons (Jan 7 - Feb 11)</p> <p><u>1:30:</u> Studio Art</p>	8 <p><u>1:00:</u> MahJong (Open Play)</p> <p><u>2:00</u> Senior Services Board Meeting</p> <p><u>2:00:</u> Chat & Chain</p> <p><u>3:30:</u> Canasta (Open Play)</p> <p><u>5:30:</u> Mahjong Lessons (Jan 8 - Feb 12)</p> <p><u>5:30:</u> Living Longer Series: "The Clutter Fairy" Certified Professional Organizer Presentation</p>	9 <p><u>9:00:</u> Watercolor Class (Jan 9 - Feb 27)</p> <p><u>10:00:</u> Mahjong Lessons (Jan 9 - Feb 13)</p> <p><u>11:15:</u> Shakespeare Class (Jan 9 - Feb 27)</p> <p><u>1:30:</u> Bingo</p>	10 <p><u>10:00</u> DAR Presentation: Let's Take A Walk on the Wildside! Speaker: Suzanne Simpson</p> <p><u>10:00</u> Creative Companions Watercolor Lessons</p>
11	12 <p><u>8:00:</u> Walk West U (meet here)</p> <p><u>9:30:</u> Bridge (Open Play)</p> <p><u>11:00:</u> Intro to Computers (Jan 5 - Feb 6)</p> <p><u>1:00:</u> Mahjong (Open Play)</p> <p><u>1:00:</u> Magic Show for Seniors</p> <p><u>1:30-4:00:</u> Spanish Lessons</p> <p><u>4:00:</u> Balance & Stretch</p>	13 <p><u>11:00:</u> Memory Cafe Theme: Movement & Music</p> <p><u>1:00:</u> Game Time - You Pick! UNO or Rummikub</p> <p><u>1:00</u> Sewing Connection</p> <p><u>1:00</u> Men's Club Let's Play Poker</p>	14 <p><u>10:00:</u> Needlework</p> <p><u>10:00:</u> West U Mahjong Club</p> <p><u>11:00</u> Trip: Destination Lunch Mia Bella (3773 Richmond)</p> <p><u>1:00:</u> Mahjong Lessons (Jan 7 - Feb 11)</p> <p><u>1:30:</u> Studio Art</p> <p><u>2:00:</u> Virtual Meditation</p> <p><u>3:30</u> Wine Down Wednesday</p>	15 <p><u>10:00</u> Falls & Inner Ear Issues Presentation</p> <p><u>1:00:</u> MahJong (Open Play)</p> <p><u>1:00</u> Make Something Craft Class</p> <p><u>2:00:</u> Chat & Chain</p> <p><u>3:30:</u> Canasta (Open Play)</p> <p><u>5:30:</u> Mahjong Lessons (Jan 8 - Feb 12)</p> <p><u>5:30:</u> Living Longer Series: "The Buzz on Bees" West U Beekeeper Presentation</p>	16 <p><u>9:00:</u> Watercolor Class (Jan 9 - Feb 27)</p> <p><u>10:00:</u> Mahjong Lessons (Jan 9 - Feb 13)</p> <p><u>11:15:</u> Shakespeare Class (Jan 9 - Feb 27)</p> <p><u>1:30:</u> Bingo "Wear A Wacky Hat"</p> <p><u>4:00:</u> Tech Help w/ St. John's High School Students</p>	17
18	19 <p style="text-align: center;">Building Closed</p> 	20 <p><u>12:30:</u> Presentation Exploring Oaxaca Mexico (canceled)</p> <p><u>1:00:</u> Game Time - You Pick! UNO or Rummikub</p>	21 <p><u>10:00:</u> Needlework</p> <p><u>10:00:</u> Walmart Shopping Trip</p> <p><u>10:00:</u> West U Mahjong Club</p> <p><u>1:00:</u> Mahjong Lessons (Jan 7 - Feb 11)</p> <p><u>1:30:</u> Studio Art</p> <p><u>2:00:</u> Chardonnay & Coloring Club</p>	22 <p><u>1:00:</u> Caregivers Support Group</p> <p><u>1:00:</u> MahJong (Open Play)</p> <p><u>2:00:</u> Chat & Chain</p> <p><u>3:30:</u> Canasta (Open Play)</p> <p><u>5:30:</u> Mahjong Lessons (Jan 8 - Feb 12)</p> <p><u>6:00:</u> West U Garden Club</p>	23 <p><u>9:00:</u> Watercolor Class (Jan 9 - Feb 27)</p> <p><u>10:00:</u> Mahjong Lessons (Jan 9 - Feb 13)</p> <p><u>11:15:</u> Shakespeare Class (Jan 9 - Feb 27)</p> <p><u>1:30:</u> Bingo</p> <p><u>4:00:</u> Cyber Security Presentation</p>	24
25	26 <p><u>9:30:</u> Bridge (Open Play)</p> <p><u>11:00:</u> Intro to Computers (Jan 5 - Feb 6)</p> <p><u>1:00:</u> Mahjong (Open Play)</p> <p><u>1:00:</u> Elder Law Presentation</p> <p><u>1:30-4:00:</u> Spanish Lessons</p> <p><u>4:00:</u> Balance & Stretch</p>	27 <p><u>11:30:</u> Theme Meal: Pajama Jam (must have paid by Jan 21)</p> <p><u>1:00:</u> Game Time - You Pick! UNO or Rummikub</p> <p><u>1:00:</u> Sewing Connection</p>	28 <p><u>10:00:</u> Needlework</p> <p><u>10:00:</u> West U Mahjong Club</p> <p><u>1:00:</u> Mahjong Lessons (Jan 7 - Feb 11)</p> <p><u>1:30:</u> Studio Art</p> <p><u>2:00:</u> Virtual Meditation</p>	29 <p><u>1:00:</u> MahJong (Open Play)</p> <p><u>2:00:</u> Chat & Chain</p> <p><u>3:30:</u> Canasta (Open Play)</p> <p><u>5:30:</u> Mahjong Lessons (Jan 8 - Feb 12)</p> <p><u>6:00:</u> Author Talk "The Morning Wave" with Author: Greg Fuderburk A Novel of the Galveston Storm of 1900</p>	30 <p><u>9:00:</u> Watercolor Class (Jan 9 - Feb 27)</p> <p><u>10:00:</u> Mahjong Lessons (Jan 9 - Feb 13)</p> <p><u>11:15:</u> Shakespeare Class (Jan 9 - Feb 27)</p> <p><u>1:30:</u> Bingo</p>	31

ON-GOING FITNESS SCHEDULE

Location: Auditorium or John Neighbors Room or Activity Room or West U Rec Center

mon	tue	wed	thu	fri
<p>8:30 Yoga w/ Hannah</p> <p>9:45 Body Pump w/ Leo</p> <p>10:00 Tai Chi w/ Greg</p> <p>11:00 Hatha Yoga w/ Jean</p> <p>11:00 Water Aerobics w/ Shavon</p> <p>12:30 Boxing Fitness w/ Aaron</p>	<p>8:30 Early Risers w/ Billie</p> <p>9:30 Parkinson's Boxing w/ Aaron</p> <p>10:00 Best Stretch w/ Jeryl</p> <p>10:00 Chair Volleyball w/ Tom</p> <p>11:00 Zumba w/ Ronelle</p> <p>11:15 Water Aerobics w/ Paula</p> <p>12:00 Lunch Yoga w/ Molly</p> <p>1:30 Adv. Line Dance w/ Elsa</p> <p>3:00-5:30 Open Play Pickleball</p>	<p>8:30 Yoga w/ Hannah</p> <p>9:45 Body Pump w/ Leo</p> <p>10:00 Tai Chi w/ Greg</p> <p>11:00 Hatha Yoga w/ Jean</p> <p>11:00 Water Aerobics w/ Shavon</p> <p>1:00-2:00 Resident Only Pickleball</p> <p>2:00-5:30 Open Play Pickleball</p>	<p>8:30 Early Risers w/ Billie</p> <p>9:30 Parkinson's Boxing w/ Aaron</p> <p>9:30 Chair Stretch w/ Eileen</p> <p>10:00 Best Stretch w/ Jeryl</p> <p>10:00 Chair Volleyball w/ Tom</p> <p>11:00 Zumba w/ Ronelle</p> <p>11:15 Water Aerobics w/ Paula</p> <p>12:00 Lunch Yoga w/ Molly</p> <p>4:00 Private Tai Chi w/ Greg</p> <p>5:00 Beginner Tai Chi w/ Greg</p> <p>6:15 Beginner Line Dance w/ Elsa</p> <p>7:30 Ballroom Dance w/ Scott</p> <p>8:30 Waltz w/ Scott</p>	<p>8:30 Yoga w/ Hannah</p> <p>9:45 Body Pump w/ Leo</p> <p>12:30 Boxing w/ Aaron</p> <p>1:30-5:30 Open Play Pickleball</p>

Must have signed a 2025 waiver to participate in Senior Services Programs.

