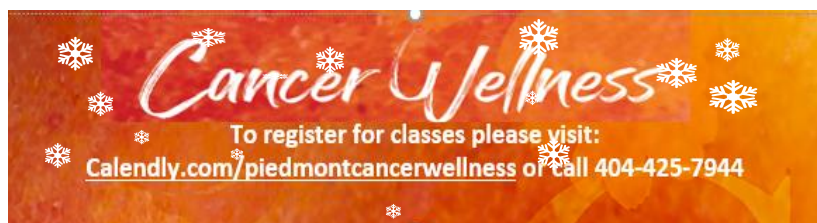


December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 11:00a Look Good Feel Better - IP 12:30p Serene Season: Stress-Free Strategies for the Season - V 2:30 p Momentum Monday - Cooper IP 3:15 Restorative Yoga - Cooper IP	2 10:00a Morning Stretch Cate - V 11:00a Mindfulness Training - Angela - V 12:30p Mindfulness Meditation - Cate IP 1:30p Qi Gong for Health - Cate IP 2:00p Tai Chi - Cate IP 6:00p Gentle Yoga Rebecca - V	3 10:30a Power Qi Gong - Cate - V 11:30 Warm Bites - Shayna (IP) 12:00 p Focus, Energy & Calm - Dennis - V 2:00p PINK - PAH Fitness Ctr. 5:00p The Road We Share - Support Camber & Gwen - V	4 10:30a Eating During Treatment - Shayna V 10:30a Chair Yoga - Cooper IP 11:30 Meditation & Movement Cooper IP 12:30p Tai Chi - Cate - V 12:30p Wreath Making - Gayle Torres IP	5 10:00a Writing for Recovery - Angela V 10:00a Myofascial workshop - J. Laskey IP 2:00p PINK - PAH Fitness Ctr.	6 SPECIAL EVENT! ORNAMENT DECORATING  The Students at PACE Academy
7	8 6:00p Healing & Renewal Yoga Retreat - Cooper IP	9 10:00a Morning Stretch Cate - V 11:00a Mindfulness Training - Angela - V 12:30p Mindfulness Meditation - Cate IP 1:30p Qi Gong for Health - Cate IP 2:00p Tai Chi - Cate IP 6:00p Gentle Yoga Rebecca - V	10 10:30a Power Qi Gong - Cate - V 11:30a Meal Planning 101 Shayna IP 2:00p PINK - PAH Fitness Ctr. 3:00 PINK Nutrition Group - PAH Fitness Ctr. Shayna IP	11 10:30a Chair Yoga - Cooper IP 11:30 Meditation & Movement Cooper IP 12:30p Tai Chi - Cate - V 2:30a Moody Months & Energy Ebbs - Angela V	12 11:00a SoulCollage - Gayle IP 2:00p PINK - PAH Fitness Ctr.	13 9:00a - 3:00p GANETS
14	15 11:00a Chant, Drum, Awaken - Cate IP 2:30p Momentum Monday - Cooper IP 3:15p Restorative Yoga - Cooper IP 6:00p Community For Guys - Dennis - V	16 10:00a Morning Stretch Cate - V 11:00a Mindfulness Training - Angela - V 11:30a Meal Planning 102 - Shayna V 12:30p Mindfulness Meditation - Cate IP 1:30p Qi Gong for Health - Cate IP 2:00p Tai Chi - Cate IP 6:00p Gentle Yoga Rebecca - V	17 10:00a Hands & Feet Reflexology - Dennis V 10:30a Power Qi Gong - Cate - V 11:30a Soups On! Shayna - IP 2:00p PINK - PAH Fitness Ctr. 5:00p The Road we Share Support Group - Gwen Camber V	18 10:30a Chair Yoga - Cooper IP 10:30a Eating During Treatment - Shayna V 11:30 Meditation & Movement Cooper IP 12:30 Festivals of Light - Gayle IP 12:30p Tai Chi - Cate - V	19 10:00a Writing for Recovery - Angela V 2:00p PINK - PAH Fitness Ctr.	20
21	22 12:00p Couples Enrichment Support Group - Dennis V 2:30p Momentum Monday - Cooper IP 3:15p Restorative Yoga - Cooper IP	23 11:00a Mindfulness Training - Angela V 6:00p Gentle Yoga Rebecca - V	24 Christmas Eve 2:00p PINK - PAH Fitness Ctr. Center Closed	25 Merry Christmas Wishing Peace on Earth and a Happy Holiday!  Center Closed	26 2:00p PINK - PAH Fitness Ctr. Center Closed	27
28	29 10:00a Myth of Multitasking - Dennis V 2:30p Momentum Monday - Cooper IP 3:15p Restorative Yoga - Cooper IP	30 11:00a Mindfulness Training - Angela - V 6:00p Gentle Yoga Rebecca - V 6:00p Gentle Yoga Rebecca - V	31 New Year's Eve Center Closed	1 Happy New Year 2026! Center Closed	 <i>Wishing you many warm memories to bring joy and light through your holiday season!</i>	