**South Haven Activities December 2025** 

100-10:30   Coffee Time	Section	8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-2:30 Winter Canvas Painting  11 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:00-12:00 Holiday Tree Craft 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Group	Friday           5         8:00-10:30         Coffee Time           9:30-10:15         Tai Chi Refresh           10:30-11:30         Bingo           10:45-11:30         Core & Cardio           11:00-12:00         First Friday Music - Open to Everyone           12:00-2:30         Euchre           12:00-2:30         Mahjong           12:30-1:15         Chair Volleyball           12:30-2:30         Friday Knitters           12         8:00-10:30         Coffee Time           9:30-10:15         Tai Chi Refresh           10:30-11:30         Bingo           10:45-11:30         Core & Cardio           12:00-2:30         Euchre           12:00-2:30         Mahjong           12:30-1:15         Chair Volleyball           12:30-2:30         Friday Knitters
### 1:5-9:00 Pilates ### 1:30-10:15 Seated Strength ### 0:30-11:30 Seated Strength ### 2:30-1:15 Fitness Drumming ### 2:30-2:30 Yarn 1-Chat 2  ### 2:30-10:30 Coffee Time ### 1:5-9:00 Pilates ### 1:30-10:15 Seated Strength ### 0:30-11:30 Card Bingo ### 0:30-11:30 Seated Strength ### 0:30-11:30 Seated Strength ### 2:30-1:15 Fitness Drumming ### 2:30-2:30 Yarn 1-Chat 2	8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Yoga  10 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:00-2:30 Cornhole 1:30-2:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-2:30 Winter Canvas Painting  11 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:00-12:00 Holiday Tree Craft 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Group	9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 11:00-12:00 First Friday Music -
100-10:30   Coffee Time	8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:00-12:00 Holiday Tree Craft 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Group	8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
		18	19
15-9:00   Pilates	Wear red and white or your favorite	8:00-10:30	Closed
3 Closed	Closed	Closed	<sup>26</sup> Closed
Нарру	Holidays		
Closed	Closed	<u>CLASSES</u>	COMPUTER LAB Open Monday-Friday with skilled help Onsite: M-T-W 9:30-2:30 TH-F 9:30-11:30 Or by appointment WALKING PATH The walking path is available Monday-Friday 8-3:00
2 2 3 3	15-9:00 Pilates 30-10:15 Seated Strength :30-11:30 Card Bingo :45-11:30 Seated Strength :30-1:00 Route 66 JOY Group (Just Older Youth) :30-1:15 Fitness Drumming :30-2:30 Yarn 1-Chat 2 Intas Workshop- lear your holiday headgear  Closed  Closed  Closed	15-9:00 Pilates 30-10:15 Seated Strength :30-11:30 Card Bingo :45-11:30 Seated Strength :30-1:00 Route 66 JOY Group (Just Older Youth) :30-1:15 Fitness Drumming :30-2:30 Yarn 1-Chat 2 Intas Workshopear your holiday headgear  Closed  Closed  Happy Holidays  TWO Activities  Holiday Luncheon  Candy Cane Day- Wear red and white or your favorite holiday colors  24  Closed  Happy Holidays	15-9:00   Pilates   130-10:15   Seated Strength   230-11:30   Card Bingo   (45-11:30   Seated Strength   (30-10)   Route 66 JOY Group (Just Older Youth)   Fitness Drumming   12:30-1:15   Fitness Drumming   12:30-2:30   Fitness Drumming   12:30-2:30   Euchre