

South Haven Activities January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
PICKLEBALL 8-12:00 M-F ALL SKILL LEVELS - rotate in 12-3:00 M-W-F Beginner/Intermediate Levels 12-3:00 T-TH Intermediate Women CLASSES Classes are subject to change (day, time and/or location)	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 11 times around is a mile		1 Closed	2 Closed
5 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:00-12:45 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	6 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Steel Strong	7 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	8 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Group	9 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 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie-The Senior
12 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:00-11:00 Flourishing Friends Widows Group 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:00-12:45 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	13 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Steel Strong	14 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 12:30-2:30 Canvas Painting 1:00-2:30 Cornhole 1:30-2:30 Yoga	15 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-2:30 Canvas Painting 12:30-1:15 Fitness Drumming	16 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
19 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:00-12:45 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	20 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:30-2:15 Steel Strong	21 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:00 Visionally Impaired 1:00-2:30 Cornhole 1:30-2:30 Yoga	22 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming	23 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
26 Closed	27 Closed	28 Closed	29 Closed	30 Closed