

DECEMBER 2025

SPECIAL CLASSES, PROGRAMS, AND EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 3:00-3:45 Rhythm & Sculpt	2 Special schedule! *See back of this page	3 1:00-2:00 Breast Cancer Basics 3:00-3:45 Strength Mastery	4 2:00-2:45 Deep Stretch	5 1:00-1:30 Giggles on the Peninsula
8 10:00-10:45 Balance 3:00-3:45 Chair Yin Yoga	9 2:00-2:45 Holiday Jazz Dance Performance	10 1:00-2:00 Burlingame History 3:00-3:45 Jazz Dance	11 2:00-2:45 Deep Stretch	12 1:00-2:00 Every Day Tech Help
15 12:00-1:00 Finding Peace Through Forgiveness 12:00-1:00 Knitting 3:00-4:00 Tai Chi	16 12:30-1:30 Aromatherapy Holiday Edition 2:00-2:45 Holiday Jazz Dance Performance	17 1:00-2:00 Trivia	18 11:00-2:00 End of Year Celebration! 12:00 Holiday Dance Performance	19 1:00-2:00 Origami Folding
22	23 12:30-1:15 Meditation	24 Christmas Eve Open 8:00-1:00	25 Christmas Closed	26
29	30	31 New Years Eve Open 8:00-1:00	1 New Years Day Open 8:00-1:00	2

Holiday Schedule

Wednesday, December 24 Open 8:00am-1:00pm

Thursday, December 25 Closed

Wednesday, December 31 Open 8:00am-1:00pm

Thursday, January 1 Open 8:00am-1:00pm

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PG&E Planned Power Outage

On **Tuesday, December 2**, PG&E will be conducting a planned power outage. During that time, the fitness floor equipment area will be closed from 10:30am - 2:30pm. To accommodate this, we'll keep our regular group fitness schedule and add in a few more classes.

9:00am - 9:45am	Balance Fitness
10:00am - 10:45am	Seniors in Motion
11:30am - 12:15pm	Strength in Numbers
1:00pm - 1:45pm	Core & More
2:00pm - 2:45pm	Holiday Jazz Dance Performance
3:00pm - 3:45pm	Balance Fitness

End of Year Celebration!

Thursday, December 18 11:00am - 2:00pm

We're wrapping up the year with a fun mix of games and activities, and we'd love for you to be part of it. Enjoy games like mini golf, bocce, trivia challenges, and a community potluck where you're welcome to bring a favorite dish. All activities are relaxed and go-at-your-own-pace, with a few light prizes sprinkled in.

We'll also have a Jingle Bell Rock performance and a Gratitude Wall for anyone who wants to leave a note as we close out the year. Plus, we'll be offering limited discounts on select services throughout the event. Bring a friend or caregiver and come celebrate with us!

Holiday Jazz Performance

As part of our end-of-year celebration, we'll have a Jingle Bell Rock performance. Masami will host practice sessions on Tuesdays, December 2, 9, and 16 from 2:00-2:45pm. Sign up in advance if interested!

New Classes, Events, and Activities!

Core & More 12/2 @ 1pm-1:45pm

A core-focused class with guided stretching to improve strength and mobility. Some exercises will be done on the floor, with modifications available.

Breast Cancer Basics 12/3 @ 1pm-2pm

Led by Bay Area Cancer Connections, an easy-to-understand introduction to breast cancer: what it is, common symptoms, risk factors, and how early detection helps.

Giggles on the Peninsula 12/5 @ 1pm-1:30pm

Join us for a special comedy show with Shawn Felipe, an award-winning comedian and 2025 SF International Comedy Competition champion. \$5 admission, food and refreshments included.

Finding Peace Through Forgiveness 12/15 @ 12pm-1pm

This talk will explore how letting go (of tension, past hurts, and self-criticism) can create more space for calm and well-being. What forgiveness can look like in everyday life and how it can help ease stress and improve emotional health will be discussed as Marc Rappaport guides the class into reflection.