

# SENIOR PROGRAM ACTIVITIES

# December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Mah Jongg**	8:00 Walking Group (Shelton Park)	9:15 Intermediate Line Dance**	8:00 Walking Group (Indian Hill Trail- head)	9:00 Art Group**
9:35 Chair Exercise (H)	9:00 Hope Partners Food Pantry	9:35 Chair Exercise (H)	10:00 Joslyn Jammers**	9:35 Chair Exercise (H)
10:30 Gentle Yoga**	10:00 Qigong**	10:30 Line Dance**	1:00 L.A. Regional Senior Food Bank (2 <sup>nd</sup> )	10:30 War & Existentialism Book Club (1 <sup>st</sup> )**
11:00 Health Insurance Coun- seling & Advocacy Program (3rd)	10:30 Arthritis Exercise**	12:30 Tierra Del Sol Art Workshops (2nd)**	1:30 Reading About Money (1st)*	11:00 Gentle Yoga (H)**
1:00 Mac Users Group (2 <sup>nd</sup> )	11:00 Overeaters Anon.	1:00 Bridge**	3:15 Bereavement Support (Eucalyptus)	12:00 Overeaters Anon.
1:00 Flexibility for Older Adults**	12:30 Pinochle**	1:00 Flexibility for Older Adults**		12:30 Beginner's Tap Dance**
2:30 Cardio and Strength Training**	1:00 Bridge**	2:30 Cardio and Strength Training**		12:30 Movie Matinee (J)(2nd)
4:00 Yoga Nidra (1st)	1:00 Flexibility for Older Adults**	4:15 Yoga for Aging with Grace**		1:00 Claremont Senior Computer Workshop (1st & 3rd)
4:00 Qi Gong (2nd)	2:00 Yarn Crafts with Kindness**			
4:00 Bike Group Meeting (3rd)	2:30 Cardio and Strength Training**			
6:00 Survivors of Suicide Loss (2 <sup>nd</sup> ) (H)				

All activities are located at the Joslyn Center unless otherwise noted. Please refer to the Claremont Recreation & Human Services Activity Guide for complete details. Register online at [www.claremontrec.com](http://www.claremontrec.com)

(B) Blaisdell, (H) Hughes Center, (LP) Larkin Park, (YAC) Youth Activity Center, \*\* Registration Required

## SATURDAY

10:00 Parkinson's  
Explorers (2<sup>nd</sup>) (H)

## SUNDAY

3:00 Pétanque (LP)

### SENIOR PROGRAM HIGHLIGHTS

#### \*Senior Program Holiday Schedule

The Joslyn and Blaisdell Centers are closed from December 24-January 4 except for the Nutrition Program. Due to the holiday closure, the YWCA will provide two (2) single-serving frozen meals to eligible participants to take home after lunch service on December 23. Nutrition Program Holiday Hours (Joslyn Center Only) December 29, 30, 31 and January 2: Lunch served at 11:30 a.m. Dining room opens at 10:00 a.m.

\*This schedule replaces the information previously published in the Recreation and Human Services Fall 2025 Activity Guide.

#### Tierra Del Sol Workshop

Both experienced and first-time artists are invited to participate in these one-day workshops, where different art techniques and mediums are explored each session. Each month's workshop topics can range from collage to watercolor, from Monet to Picasso. Participants are provided with art materials, a demonstration by experienced arts educators, and step by step guidance throughout the process. **\*A \$10 materials fee (cash or check) is due to the instructor at the time of the workshop. Registration is required. Location: Joslyn Center.**

Ages 55+

Wed. 12/10

12:30 p.m. – 2:30 p.m.

\$10

#### Movie Matinee at Joslyn Center

Enjoy free snacks and refreshments while watching a movie. December's film is *The Family Stone*, 2005 (PG-13). Everett Stone (Dermot Mulroney) wants to bring his girlfriend, Meredith Morton (Sarah Jessica Parker), to meet his bohemian Connecticut family at Christmas. Straitlaced Meredith, feeling she needs backup, asks her sister Julie (Claire Danes) to come along. Hoping to win the approval of her boyfriend's parents Sybil (Diane Keaton) and Kelly (Craig T. Nelson) and the rest of the family. **Location: Joslyn Center.**

Ages 55+

Fri. 12/12

12:30 p.m. – 2:30 p.m.

Free

#### JOSLYN CENTER

660 N. Mountain Ave.  
Mon. – Fri., 9 a.m. - 5 p.m.  
(909) 399-5488

#### BLAISDELL COMMUNITY CENTER

440 S. College Ave.  
Mon. – Fri., 10 a.m. - 2 p.m.  
(909) 399-5367

#### ALEXANDER HUGHES COMMUNITY CENTER

1700 Danbury Rd.  
Mon. – Thurs., 9 a.m. - 9 p.m..  
Fri., 9 a.m. - 6 p.m.,  
Sat., 9 a.m. - 2 p.m.  
(909) 399-5490

[www.claremontca.gov](http://www.claremontca.gov)