




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00-Craft Social Redbud 12:30-MelodyMakers Redbud 2:30-Chair Volleyball PostOak A 2:30-Hula Hoop Elm</p>	<p>2</p> <p>10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Post Oak-B 1:00-Mah Jongg 101-Learn to Play Dec 2 & 9, Redbud</p>	<p>3</p> <p>9:00-Arts & Crafts: Alcohol Ink Ornaments Redbud \$3 11:00-Games 1:00-Tech Connect Post Oak-A 1:30-Rhythmic Hand Drumming, Wellness Rm.</p>	<p>4</p> <p>9:00-Pinochle Post Oak-B 9:00-Mah Jongg Post Oak-B 11:00-Games Post Oak-B 1:00-Christmas Cookies Cooking Class Kitchen \$15</p>	<p>5</p> <p>9:00-Arts & Crafts: Button & Jewel Christmas Tree w/Debbie, \$3, Redbud 10:00-Intro to Fly Fishing with Russell, Wellness Rm. 10:00-Mah Jongg, Post Oak-B</p>
<p>8</p> <p>9:00-Craft Social Redbud 10:00-Mayor's Holiday Luncheon, Post Oak Hall Event Full 12:30-MelodyMakers Redbud 2:30-ChairVolleyball PostOak-A 2:30-Hula Hoop Elm</p>	<p>9</p> <p>9:00-Book Club AM, Redbud 10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Post Oak-B 12:30-Music Sing Along with Bill, Redbud 1:00-Mah Jongg 101-Learn to Play Dec 2 & 9, Redbud 1:00-Bingo, Post Oak-A \$2 3:30-Book Club PM, Redbud</p>	<p>10</p> <p>9:00-Clay Creations-Snowflakes Redbud \$3 11:00-Games 12:30-Music Sing Along, Holiday Songs with Bill, Redbud 1:00-Tech Connect Post Oak-A 1:30-Rhythmic Hand Drumming with Derek Wellness Rm. 2:30-Travel Photography 102 with Terry Ip Post Oak-B</p>	<p>11</p> <p>9:00-Pinochle, Post Oak-B 9:00-Mah Jongg, Post Oak-B 10:00-Cricut Iron-On Christmas Gift Project, Redbud \$3 11:00-Games, Post Oak-B 1:00-Wheel of Fortune w/Thom Vance, Post Oak-A, no fee. 1:30-42 Dominos, Post Oak-B</p>	<p>12</p> <p>10:00-Intro to Fly Casting with Russell, Wellness Rm. 10:00-Pine Cone Craft with Angela, \$3, Redbud 10:00-Mah Jongg, Post Oak-B 11:30-BirthdayKaraoke, Oak-A</p>
<p>15</p> <p>9:00-Craft Social, Redbud 12:30-MelodyMakers, Redbud 2:30-ChairVolleyball PostOak-A 2:30-Hula Hoop, Elm</p>	<p>16</p> <p>10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Post Oak-B 5:00-Winter Wonderland Country Dance with BackBeats Live Band, Post Oak Hall \$15</p>	<p>17</p> <p>9:00-Arts & Crafts: Origami Boxes Redbud \$3 11:00-Games Post Oak-B 1:00-Tech Connect Post Oak-A 1:30-Rhythmic Hand Drumming with Derek Wellness Rm.</p>	<p>18</p> <p>9:00-Mah Jongg, Post Oak-B 11:00-Games, Post Oak-B 1:00-Ping Pong-Beginner Friendly Competition \$2 1:30-42 Dominos, Post Oak-B</p>	<p>19</p> <p>9:00-"Rack the Hall" Holiday Classic 8-Ball, no fee. 10:00-Intro to Fly Tying with Russell, Wellness Rm. 10:00-Mah Jongg, Post Oak-B 1:30-Spuds & Show, PostOak-A \$5</p>
<p>22</p> <p>9:00-Craft Social, Redbud 12:30-MelodyMakers Post Oak-A 2:30-ChairVolleyball PostOak-A 2:30-Hula Hoop, Elm</p>	<p>23</p> <p>10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Post Oak-B 1:00-Bingo, Post Oak-A \$2</p>	<p>24</p> <p>Building Closed</p> 	<p>25</p> <p>Building Closed</p> 	<p>26</p> <p>10:00-Mah Jongg, Post Oak-B</p>
<p>29</p> <p>9:00-Craft Social, Redbud 12:30-MelodyMakers, Post Oak-A 2:30-ChairVolleyball PostOak-A 2:30-Hula Hoop, Elm</p>	<p>30</p> <p>10:00-Learn to Play Texas Hold 'Em, Post Oak-B 11:00-Games, Post Oak-B</p>	<p>31</p> <p>9:00-Arts & Crafts Social Hour 11:00-Games Post Oak-B 1:30-Rhythmic Hand Drumming with Derek Wellness Rm</p>	<p>Building Closed - January 1</p> 	<p>January 2</p> <p>10:00-Mah Jongg, Post Oak-B</p>



**You Walked--
Now Let's Celebrate!**
Wednesday December 3rd
1-2 PM
**Awards Celebration &
T-shirt pickup until 4 PM.**
Post Oak-B

Mayor's Holiday Luncheon
Monday, December 8 | 10 AM – 1 PM
Celebrate the holidays with us and Mayor Jim Ross! Enjoy Spring Creek BBQ, door prizes, and entertainment. The Post Oak Hall will open at 10 AM on event day, so we ask that you do not arrive before that time. The program will begin at 10:30 AM, and lunch will be served at 11:30 AM. Attire: Festive!
Cost: FREE, must pre-register

Winter Wonderland Country Dance
Tuesday, December 16 | 5 - 7 PM
Grab yer cowboy hat and come have some fun with the BackBeats Band! Good music, cool vibes, lots of dancing and soup for supper!
Cost: \$15 per person, must pre-register

Strong Start 2026
Friday, January 30 | 2 - 4 PM
Post Oak Hall - A
Join us to kick off 2026 with movement, nourishment and motivation. Bring your energy and get ready to make 2026 your healthiest year yet! Registration Opens December 16.
Cost: \$3 per person

POWER TALKS IN POST OAK-A

- **Tuesday 2nd at 10 AM:** Sciatica/Pinched Nerves in Neck & Back, Dr. Tracy Blakly with DFW Chiropractic.
- **Wednesday 3rd:** Morada Senior Living in the Active Lobby from 8 AM to Noon.
- **Thursday 4th at 10 AM:** Butch Headding, United Healthcare – Active Lobby
- **Tuesday 9th at 10 AM:** How to Pick a Primary Care Doctor, Dr. Jason Meyer, World Medical Group.
- **Monday 15th at 10 AM:** Protecting Yourself from Scams & Fraud with Police Officer, Corporal Chris Janssen.
- **Wednesday 17th at 10 AM:** Financial Wellness with Monica, Health Hive.

ART & COOKING CLASSES

**Cooking Class: Holiday Cookies in the
ACTIV Kitchen**
Thursday, Dec 4 | 1-3 PM | \$15

Learn to make Traditional Southern Molasses Spice Cookies — perfect for delicious gingerbread men and tasty bear shapes! Plus, master a basic, sturdy sugar cookie perfect for holiday shapes. Class includes tips on preparation, baking, and proper storage.

You Can Paint "Santa Left His Hat"
Oil Painting with Christen Garden Art
All supplies included, Redbud
Wednesday, Dec 10 | 1-4 PM | \$40

**NEW: Tuesdays at 10 AM, Learn to Play Texas
Hold 'Em with Dave.**
Free, must pre-register for each week.
NEW: Fridays at 10 AM, Fly Fishing Classes
include an intro class, fly casting, and fly tying with Russell, a fly-fishing expert.



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ARLINGTON, TX 76013
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**DECEMBER
2025**

SOCIAL SIDE HOURS:
(WEST ENTRANCE)
Monday-Friday 8AM-5PM

ACTIVE SIDE HOURS:
(SOUTH ENTRANCE)
Monday-Friday 6AM - 8PM
Saturday 8AM - 5PM
Sunday 12PM-5PM

