

Winter Haven Senior Adult Center
 250 S. Lake Silver Dr. NW
 Winter Haven, FL 33881
 863-291-5870



JANUARY 2026



Jackie Richardson, Recreation Supervisor II
 Ilian Rosario, Recreation Leader
 Mike Williams, Building Service Worker

Monday	Tuesday	Wednesday	Thursday	Friday
 Coaching. Connecting. Community.			Senior Adult Center will be Closed in honor of 	9am-12noon Open Social 9:30 a.m. Exercise 10:00 a.m. Free Crochet Class 10:30 a.m. Chair Yoga 12noon Quilting 12 noon Dominos players needed 1:30 p.m. Chess players needed
5 9am-12noon Open Social 9:30 a.m. Exercise 1 p.m. Bridge players needed	6 9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident \$2 non-resident 9:30 a.m. Mixed Media Painting \$10 resident \$11 non-resident 12 noon Pinochle 12 noon Mah Jongg 12 noon Dominos	7 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle Hand & Foot players needed 1:30 p.m. Chess players needed 1:30 p.m. Easy Tai Chi \$4 resident \$5 non-resident 2 p.m. Shuffleboard	8 9am Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga & Standing Balance by Kristie \$1 resident / \$2 non-resident 12 noon Pinochle Hand & Foot players needed 1 p.m. Mah Jongg players needed 1:30 p.m. Line Dance Beginner/Improver \$4 resident \$5 non-resident	9 9am Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 10:00 a.m. Free Jewelry Making Class 10:00 a.m. Free Crochet Class 10:30 a.m. Chair Yoga 12noon Quilting 12 noon Dominos players needed 1:30 p.m. Chess players needed
12 Dr. Martin Luther King Week 9am-12noon Open Social 9:30 a.m. Exercise 9:30 a.m. Craft Creations Group 10:30 a.m. Free Produce 1 p.m. Bridge players needed	13 Dr. Martin Luther King Week 9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident \$2 non-resident 9:30 a.m. Mixed Media Painting \$10 resident \$11 non-resident 12 noon Pinochle 12 noon Mah Jongg 12 noon Dominos	14 Dr. Martin Luther King Week 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 12 noon Pinochle Hand & Foot players needed 1:30 p.m. Chess players needed 1:30 p.m. Easy Tai Chi \$4 resident \$5 non-resident 2 p.m. Shuffleboard	15 9am-12noon Open Social 9:30 a.m. Exercise 9:30 a.m. Presentation Polk Senior Games Dr. Martin Luther King Wreath Laying At Lake Silver MLK Park 10:30 a.m. Chair Yoga & Standing Balance by Kristie \$1 resident / \$2 non-resident 12 noon Pinochle Hand & Foot players needed 1 p.m. Mah Jongg players needed 1:30 p.m. Line Dance Beginner/Improver \$4 resident / \$5 non-resident	16 Dr. Martin Luther King Week 9am-12noon Open Social 9:30 a.m. Exercise 10:00 a.m. Free Crochet Class 10:15 a.m. Free Blood Pressure Check 10:30 a.m. Chair Yoga 12noon Quilting 12 noon Dominos players needed 1:30 p.m. Chess players needed

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">19</p> <p style="text-align: center;">Senior Adult Center Closed</p> 	<p style="text-align: right;">20</p> <p>9am-12noon Open Social </p> <p>9:30 a.m. Wellness with Deanna \$1 resident \$2 non-resident</p> <p>9:30 a.m. Mixed Media Painting \$10 resident \$11 non-resident</p> <p>12 noon Pinochle 12 noon Mah Jongg 12 noon Dominos</p>	<p style="text-align: right;">21</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle Hand & Foot players needed</p> <p>1:30 p.m. Chess players needed</p> <p>1:30 p.m. Easy Tai Chi \$4 resident/ \$5 non-resident</p> <p>2 p.m. Shuffleboard</p>	<p style="text-align: right;">22</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise </p> <p>10:30 a.m. Chair Yoga & Standing Balance by Kristie \$1 resident / \$2 non-resident</p> <p>12 noon Pinochle Hand & Foot players needed</p> <p>1 p.m. Mah Jongg players needed</p> <p>1:30 p.m. Line Dance Beginner/Improver \$4 resident \$5 non-resident</p>	<p style="text-align: right;">23</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise</p> <p>10a.m. Entertainment by Norma Roberts aka Tina Turner</p> <p>10:30 a.m. Chair Yoga</p> <p>12noon Quilting</p> <p>12 noon Dominos players needed</p> <p>1:30 p.m. Chess players needed</p>
<p style="text-align: right;">26</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise </p> <p>9:30 a.m. Craft Creations Group</p> <p>10:45 a.m. Bingo </p> <p>12noon AARP Defensive Driving Class Sign-up Required</p> <p>1 p.m. Bridge players needed</p>	<p style="text-align: right;">27</p> <p>9am-12noon Open Social </p> <p>9:30 a.m. Wellness with Deanna \$1 resident \$2 non-resident</p> <p>9:30 a.m. Mixed Media Painting \$10 resident \$11 non-resident</p> <p>12 noon Pinochle 12 noon Mah Jongg 12 noon Dominos</p> <p>12noon AARP Defensive Driving Class Sign-up Required </p>	<p style="text-align: right;">28</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>10:45 a.m. Bingo</p> <p>12 noon Pinochle Hand & Foot players needed</p> <p>1:30 p.m. Chess players needed</p> <p>1:30 p.m. Easy Tai Chi \$4 resident/ \$5 non-resident</p> <p>2 p.m. Shuffleboard</p>	<p style="text-align: right;">29</p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise </p> <p>10:30 a.m. Chair Yoga & Standing Balance by Kristie \$1 resident / \$2 non-resident</p> <p>12 noon Pinochle Hand & Foot players needed</p> <p>1 p.m. Mah Jongg players needed</p> <p>1:30 p.m. Line Dance Beginner/Improver \$4 resident \$5 non-resident</p>	<p style="text-align: right;">30</p> <p>9:00 a.m. INDOOR YARD SALE </p> <p>9am-12noon Open Social</p> <p>9:30 a.m. Exercise</p> <p>10:30 a.m. Chair Yoga</p> <p>12noon Quilting</p> <p>12 noon Dominos players needed</p> <p>1:30 p.m. Chess players needed</p>

All programs are subject to change without notice