

DECEMBER

POP-UP CLASSES

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	2 Knitting Basics 12pm - 1pm Joyce & Connie	3 Cozy Sock Gnome Workshop 1pm - 2pm Gloria	4 Blood Pressure Screening SMC Nursing 2pm - 4pm	5	6 Activate Your Fitness 12pm - 1pm	7
8	9 Activate Your Fitness 12pm - 1pm	10 Christmas Card Tree Creations 1pm - 2pm Gloria	11 Trivia 1 - 2pm Chrissy & Dona	12 Cookie Exchange 11am - 1pm	13 Activate Your Fitness 12pm - 1pm	14
15	16 Activate Your Fitness 12pm - 1pm Mindful Meditation 3pm - 4pm Rita	17	18	19	20 Music as Medicine 12pm - 1pm Caroline	21
22	23	24	25 Christmas Closed 	26	27	28
29	30	31				

Knitting Basics

MONDAY, DECEMBER 2 | 12:00PM - 1:00PM | JOYCE & CONNIE

Join our Knitting Basics class to relax and create! Perfect for beginners or those refreshing skills, you'll learn casting on, knitting, purling, and binding off with simple techniques. Our friendly instructors will help you choose the right yarn, read patterns, and fix mistakes.

Cozy Sock Gnome Workshop

TUESDAY, DECEMBER 3 | 1:00PM - 2:00PM | GLORIA

Join us for a fun and creative crafting session where we'll transform ordinary crew socks into adorable gnomes perfect for decorating your home or gifting to loved ones! In this hands-on workshop, you'll learn step-by-step how to craft these whimsical characters using simple materials like socks, stuffing, and a sprinkle of creativity.

Blood Pressure Screenings

WEDNESDAY, DECEMBER 4 | 2:00PM - 4:00PM | SMC NURSING

Complimentary blood pressure screenings provided by students of San Mateo College of Nursing to monitor cardiovascular health. These screenings are part of the center's preventive health initiatives, helping participants track their blood pressure and receive guidance on managing heart health.

Christmas Card Tree Creations

TUESDAY, DECEMBER 10 | 1:00PM - 2:00PM | GLORIA

Turn your cherished holiday cards into beautiful, festive Christmas tree decorations! In this creative workshop, you'll learn how to repurpose old or new Christmas cards into unique tree-shaped crafts that are perfect for displaying on your mantel, hanging on your tree, or gifting to friends and family.

Trivia

WEDNESDAY, DECEMBER 11 | 1:00PM - 2:00PM | CHRISSY & DONA

Get ready for a fun-filled Trivia & Games Session! Test your knowledge, challenge your peers, and enjoy a mix of brain teasers, trivia questions, and interactive games. This session is perfect for anyone looking to unwind, have a laugh, and engage in some friendly competition.

Cookie Exchange

THURSDAY, DECEMBER 12 | 11:00AM - 1:00PM

Join us for a festive Cookie Exchange Party! Bring your favorite cookies and a recipe to share, enjoy a hot cocoa bar, and take home a variety of sweet treats. Don't miss the holiday fun!

Mindful Meditation

MONDAY, DECEMBER 16 | 3:00PM - 4:00PM | RITA

Experience the calming benefits of mindfulness in our Guided Mindfulness Meditation Class. This session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

Music as Medicine

FRIDAY, DECEMBER 20 | 12:00PM - 1:00PM | CAROLINE FOLEY

A fascinating exploration of the therapeutic effects of music on physical and mental health. Participants will learn how listening to music can lower stress levels, improve mood, and even enhance cognitive function. This session will highlight the powerful role of music in well-being.

Activate Your Fitness

FRIDAY, DECEMBER 6 | 12PM - 1PM

MONDAY, DECEMBER 9 | 12PM - 1PM

FRIDAY, DECEMBER 13 | 12PM - 1PM

MONDAY, DECEMBER 16 | 12PM - 1PM

Learn how to register for fitness classes, events, and services such as personal training and massage therapy sessions online through the website and on the app.