

# THE CENTER FOR SENIOR WELLBEING

## JANUARY 2026 ACTIVITY SCHEDULE

399 Heald Lane - Fallbrook, CA 92028 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY




5	6	7	1	2
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	1 CLOSED	2 CLOSED
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge 12:00 Camera Club
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge
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