

THE CENTER FOR SENIOR WELLBEING JANUARY 2026 ACTIVITY SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

					1	CLOSED	2	CLOSED
								
5	6	7	8	9				
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				
12	13	14	15	16				
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				
19	20	21	22	23				
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				
26	27	28	29	30				
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				