

Wesley Health & Wellness Center—Calendar of Events
December 2025

Mon	Tue	Wed	Thu	Fri
1 Parenting - Growing Families En Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	2 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit: 10:15a-10:45a Parenting - Growing Families En Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	3 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p	4 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	5 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
8 Parenting - Growing Families En Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p	9 	10 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p	11 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p	12  SENIOR CHRISTMAS DANCE! 10:00AM-1PM 
15 Parenting - Growing Families En Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	16 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing Families En Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p 	17 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p	18 Wesley Health & Wellness Center is closed for organization-wide meetings. Regular programming will resume on Friday, December 19th, 2025	19 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
22 Parenting - Growing Families En Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	23 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing Families En Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p 	24 25 IN OBSERVANCE OF THE CHRISTMAS HOLIDAY We will be closed 	26 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p	
29 Parenting - Growing Families En Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	30 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing Families En Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	31 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p		

Program
Descrip-

Senior Christmas Dance!
Dec 12th | 10:00am-1pm

A social event for our seniors, our senior dance is a festive celebration that includes live music, food and beverages, and raffles!

Ring Central: 210-469-4191, Can call/ text for more information.

Spurs Youth Basketball League!
FREE!

Registration: Dec 1st-Jan 16th
For boys and girls ages 6 to 12
Ring Central: 210-469-4191,

Can call/ text for registration information.

