Wesley Health & Wellness Center—Calendar of Events December 2025

Wed Mon Tue Thu Fri 1 2 Crocheting: 9:00a-12:00p Sewing: Quilting: 9:00a-12:00p **Jewelry Parenting - Growing** Parenting - Growing Families: Parenting - Special Needs En Español: 9:30a-11:30a 9:00a-12:00p 9:00a-12:00p Families En Español: En Español: Flex Fit:10:15a-10:45a **Line Dancing:** 8:45a-10:45a 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit:10:15a-10:45a Flex Fit:10:15a-10:45a Cardio Conditioning: 9:00a-10:00a **Artful Gatherings: Parenting - Growing** 11:00a-12:00p Flex Fit: 10:15a-9:00a-12:00p Families En Español: **Baila2Fitness:** 11:00a-11:45a 10:45a Cardio: Line Dancing: 9:00a-12:30p-2:30p 6:00p-6:45p Baila2Fitness: 10:00a Baila2Fitness: Parenting - Growing Families: 11:00a-11:45a **Cardio Conditioning:** En Español: 6:00p - 6:45p 12:15p-2:15p 50+: 12:00p - 2:00p 10:00a-11:00a **Parenting - Growing Families:** Baila2Fitness: 4:00p-6:00p

Rarenting - Growing Families En Español: 8:45a-10:45a
Artful Gatherings: 9:00a-12:00p

11:00a-11:45a



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 Jewelry 9:00a-12:00p Flex Fit:10:15a-10:45a Cardio Conditioning: 11:00a-12:00p

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Wesley Health & Wellness Center is

closed for organization-

wide meetings.

Regular programming

11



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 FamiliesEn Español: 12:30p-2:30p Baila2Fitness:

6:00p – 6:45p

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

will resume on
Friday, December 19th,
2025

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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

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Parenting - Growing

Families En Español:

Line Dancing: 9:00a-

Cardio Conditioning:

Artful Gatherings:

8:45a-10:45a

9:00a-12:00p

10:00a-11:00a

Baila2Fitness: 11:00a-11:45a

10:00a

Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a 22

Quilting: 9:00a-12:00p
Parenting - Special Needs
En Español: 9:30a-11:30a
Parenting - Growing
FamiliesEn Español:
12:30p-2:30p
Baila2Fitness:
6:00p - 6:45p



30 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness:

6:00p - 6:45p

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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

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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

Senior Christmas Dance!

Dec 12th | 10:00am-1pm yent for our seniors, our sen

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

Methodist Healthcare Ministries

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,

