



# JANUARY 2026 STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
<b>HAPPY NEW YEAR!</b>			1 <b>X</b>
5 W4W FIM PB	6 W4W FIM CY	7 W4W FIM PB	8 W4W FIM CY
12 W4W FIM PB	13 W4W FIM CY	14 W4W FIM PB	15 W4W FIM CY
19 W4W FIM PB	20 W4W FIM CY	21 W4W FIM PB	22 W4W FIM CY
26 W4W FIM PB	27 W4W FIM CY	28 W4W FIM PB	29 W4W FIM CY

## DETAILS ON PROGRAMS

### MON & WED:

Walking for Wellness (W4W) 8:30 am-10:00 am & 1:00-2:30 pm

Forever in Motion (FIM) 1:30 - 2:15 pm

Pickleball (PB) - 12:00 pm - 1:00 pm

### TUES & THURS:

Walking for Wellness (W4W) 8:30 am-12:00 pm & 1:00-2:30 pm

Forever in Motion (FIM) 9:00 - 9:45 am

Coffee Time 10:00 am - 12:00 pm

Chair Yoga (CY) - 1:30 - 2:15 pm

Stockade closed 12:00-1:00 pm

**\$2 FOR ALL PROGRAMS  
PUNCH PASSES AVAILABLE!**