





# NOVEMBER 2023

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	<b>2</b> 8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	<b>3</b> 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (library) 09:30 Tai Chi – Hsueh (activity room) 10:45 Bollywood Dance Class-Pooja (activity room) 11:00 Strength - Anna ZOOM
<b>6</b> 9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 5 – H.O.P.E. (library)	<b>7</b>  <p style="text-align: center;"><b>ALL ACTIVITIES &amp; CLASSES CANCELLED</b></p>	<b>8</b> 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM <b>10:00 - 11:00 Blood Pressure Screening</b> 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	<b>9</b> 8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double classroom) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room) <p style="text-align: center;"><b>FLU CLINIC 4:00 – 6:00 (activity room)</b></p>	<b>10</b>  <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>
<b>13</b> 9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 6 – H.O.P.E. (library)	<b>14 HAPPY DIWALI</b> 8:30 Strength - Kelly (activity room) 10:00 Intermediate Spanish - Nelida (library/ ZOOM) 11:30 Beginners Spanish - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Vin (activity room)	<b>15</b> 8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM <b>10:00 Memory Screening</b> 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	<b>16</b> 8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	<b>17</b> 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (library) 09:30 Tai Chi – Hsueh (activity room) 10:45 Bollywood Dance Class-Pooja (activity room) 11:00 Strength - Anna ZOOM 2:00 Opera Appreciation (activity room)
<b>20</b> 9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 7 – H.O.P.E. (library) <b>2:00 Home Safety for Seniors (activity room)</b>	<b>21</b> 8:30 Strength - Kelly (activity room) 10:00 Intermediate Spanish - Nelida (library/ ZOOM) 11:30 Beginners Spanish - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:15 Balance & Stability - Mark (activity room)	<b>22</b> 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	<b>23</b>  <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<b>24</b>  <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>
<b>27</b> 9:15 Form & Function – Kelly (activity room) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting – Zakia (double classroom) 11:30 Strength - Ed (activity room) 1:00 – 3:00 Session 8 – H.O.P.E. (library)	<b>28</b> 8:30 Strength - Kelly (activity room) 10:00 Intermediate Spanish - Nelida (library/ ZOOM) 11:30 Beginners Spanish - Nelida (library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa (activity room) 1:15 Strength - Mark (activity room) 2:00 Book Club (library) 2:15 Balance & Stability - Mark (activity room)	<b>29</b> 9:15 Form & Function – Kelly (activity room) 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed (activity room) 12:00 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	<b>30</b> 8:15 Total Body Toning - Vin (activity room) 9:30 Yoga – Mireille (activity room) 10:00 Art of Watercolor – Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room)	