NOVEMBER 2023

(609) 799-9068

Monday	Tuesday	Wednesday	<u>Thursday</u>	<u>Friday</u>
		1 9:15 Form & Function – Kelly (activity room)	2 8:15 Total Body Toning - Vin (activity room)	3 8:30 Strength - Lisa (activity room)
		10:00 Balance – Anna ZOOM	9:30 Yoga – Mireille (activity room)	9:30 Chinese Hour - Sylvia (library)
		11:00 Chair Yoga – Ed (activity room)	10:00 Art of Watercolor – Margaret (double classroom)	09:30 Tai Chi – Hsueh (activity room)
		12:00 Duplicate Bridge (double classroom)	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dance Class-Pooja (activity room)
		2:50 International Ballroom (activity room)	1:00 Investment Group (double classroom)	11:00 Strength - Anna ZOOM
		3:15 Tech-Mate Program	1:00 Zumba – Vin (activity room)	
6 9:15 Form & Function – Kelly	7	8 9:15 Form & Function – Kelly	9 8:15 Total Body Toning - Vin	10
(activity room) 10:15 Yoga – Kelly	* * *	(activity room) 10:00 Balance – Anna ZOOM	(activity room) 9:30 Yoga – Mireille	
(activity room) 11:00 Art of Oil Painting – Zakia	VOTE	10:00 - 11:00 Blood Pressure Screening	(activity room) 10:00 Art of Watercolor – Margaret	VETERANS DAY
(double classroom) 11:30 Strength - Ed		11:00 Chair Yoga – Ed (activity room)	(double classroom) 1:00 Investment Group	HONORING ALL WHO SERVED
(activity room) 1:00 - 3:00	ALL	12:00 Duplicate Bridge (double classroom)	(double classroom) 1:00 Zumba – Vin	SENIOR
Session 5 – H.O.P.E. (library)	ACTIVITIES & CLASSES	2:50 International Ballroom (activity room)	(activity room) FLU CLINIC	CENTER
	CANCELLED		4:00 – 6:00 (activity room)	CLOSED
13	14 HAPPY DIWALI	15	16	17
9:15 Form & Function – Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)	8:15 Total Body Toning - Vin (activity room)	8:30 Strength - Lisa (activity room)
10:15 Yoga – Kelly (activity room)	10:00 Intermediate Spanish - Nelida (library/ ZOOM)	9:15 Form & Function – Kelly (activity room)	9:30 Yoga – Mireille (activity room)	9:30 Chinese Hour - Sylvia (library)
11:00 Art of Oil Painting – Zakia (double classroom)	11:30 Beginners Spanish - Nelida (library/ ZOOM)	10:00 Balance – Anna ZOOM	10:00 Art of Watercolor – Margaret (double classroom)	09:30 Tai Chi - Hsueh (activity room)
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone – Lisa (activity room)	10:00 Memory Screening 11:00 Chair Yoga – Ed	11:00 Cardio - Linda (activity room)	10:45 Bollywood Dance Class-Pooja (activity room)
1:00 – 3:00 Session 6 – H.O.P.E.	1:15 Strength - Vin (activity room)	(activity room) 12:00 Duplicate Bridge	1:00 Investment Group (double classroom)	11:00 Strength - Anna ZOOM
(library)		(double classroom) 2:50 International Ballroom (activity room)	1:00 Zumba – Vin (activity room)	2:00 Opera Appreciation (activity room)
		3:15 Tech-Mate Program		
20 9:15 Form & Function – Kelly	21 8:30 Strength - Kelly	22 9:15 Form & Function – Kelly	23	24
(activity room) 10:15 Yoga – Kelly	(activity room) 10:00 Intermediate Spanish - Nelida	(activity room) 10:00 Balance – Anna ZOOM	LO DHAPPY	р нарру
(activity room) 11:00 Art of Oil Painting – Zakia	(library/ ZOOM) 11:30 Beginners Spanish - Nelida	11:00 Chair Yoga – Ed (activity room)	thanks giving	thanks giving
(double classroom) 11:30 Strength - Ed	(library/ ZOOM) 11:30 Chair, Stretch & Tone – Lisa	12:00 Duplicate Bridge (double classroom)		
(activity room) 1:00 – 3:00	(activity room) 1:15 Strength - Mark	2:50 International Ballroom (activity room)	SENIOR	SENIOR
Session 7 – H.O.P.E. (library)	(activity room) 2:15 Balance & Stability - Mark		CENTER	CENTER
2:00 Home Safety for Seniors (activity room)	(activity room)		CLOSED	CLOSED
27 9:15 Form & Function – Kelly (activity room)	28 8:30 Strength - Kelly (activity room)	29 9:15 Form & Function – Kelly (activity room)	30 8:15 Total Body Toning - Vin (activity room)	
10:15 Yoga – Kelly (activity room)	10:00 Intermediate Spanish - Nelida (library/ ZOOM)	10:00 Balance – Anna ZOOM	9:30 Yoga – Mireille (activity room)	
11:00 Art of Oil Painting – Zakia (double classroom)	11:30 Beginners Spanish - Nelida (library/ ZOOM)	11:00 Chair Yoga – Ed (activity room)	10:00 Art of Watercolor – Margaret (double classroom)	
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone – Lisa (activity room)	12:00 Duplicate Bridge (double classroom)	11:00 Cardio - Linda (activity room)	
(activity room) 1:00 – 3:00 Session 8 – H.O.P.E.	(activity room) 1:15 Strength - Mark (activity room)	2:50 International Ballroom (activity room)	(activity room) 1:00 Investment Group (double classroom)	
(library)	2:00 Book Club (library)		1:00 Zumba – Vin (activity room)	
	(hbrary) 2:15 Balance & Stability - Mark (activity room)		(activity 100III)	