NOVEMBER 2024

(609) 799-9068

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> 1 HAPPY DIWALI
				8:15 Walking (double classroom)
				8:30 Strength - Lisa (activity room)
				9:30 Chinese Hour - Sylvia (double classroom)
				09:30 Tai Chi - Hsueh (activity room)
				11:00 Strength - Anna ZOOM
				1:00 Music Concert (activity room)
4	5 ELECTION DAY	6	7	8
9:15 Form & Function - Kelly (activity room)	SENIOR	8:15 Walking (double classroom)	8:30 Total Body Toning - Vin (activity room)	8:15 Walking (double classroom)
10:15 Yoga - Kelly	CENTER	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Mireille (activity room)	8:30 Strength - Lisa (activity room)
(activity room) 11:00 Art of Oil Painting -	CLOSED	9:30 Qigong Class (double classroom)	10:00 Art of Watercolor - Margaret (double room) \$\$\$	9:30 Chinese Hour - Sylvia (double classroom)
Zakia (double classroom) \$\$\$	***	10:00 Balance – Anna ZOOM	11:00 Cardio - Linda	09:30 Tai Chi - Hsueh
11:30 Strength - Ed (activity room)	2024	11:00 Chair Yoga – Ed (activity room)	(activity room) 1:00 Investment Group	(activity room) 11:00 Strength - Anna ZOOM
1:00 - 3:00		11:45 Duplicate Bridge	(double classroom)	1:00 Opera Appreciation
Session 7 - H.O.P.E. (double classroom)	TOLS	(double classroom) 2:50 International Ballroom	1:00 Zumba – Vin (activity room)	(activity room)
		(activity room)	4:00-6:00 FLU CLINIC	
11 VETERANS DAY SENIOR	12 8:30 Strength - Kelly (activity room)	13 8:15 Walking (double classroom)	14 8:30 Total Body Toning - Vin (activity room)	15 8:15 Walking (double classroom)
CENTER	09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$\$	9:15 Form & Function - Kelly (activity room)	9:30 Yoga - Mireille (activity room)	8:30 Strength - Lisa (activity room)
CLOSED	09:30 Yoga-Ria (activity room)	9:30 Qigong Class (double classroom)	10:00 Art of Watercolor - Margaret (double classroom) \$\$\$	9:00-11:00 NJ Senior Save Program
and a	10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$	10:00 Bone Density Screening	11:00 Cardio - Kelly (activity room)	(lobby) 9:30 Chinese Hour - Sylvia
	11:30 Chair, Stretch & Tone	10:00 Balance – Anna ZOOM	1:00 Investment Group	(double classroom)
VETERANS DAY	- Lisa (activity room)	11:00 Chair Yoga – Ed (activity room)	(double classroom) 1:00 Zumba - Vin	09:30 Tai Chi - Hsueh (activity room)
	1:00 Bingo (double classroom)	11:45 Duplicate Bridge (double classroom)	(activity room)	11:00 Strength - Anna ZOOM
		2:50 International Ballroom (activity room)		11:30 Holiday Luncheon
		3:15 Tech-Mate Program		
18 9:15 Form & Function - Kelly	19 8:30 Strength - Kelly (activity room)	20 8:15 Walking (double classroom)	21 8:30 Total Body Toning - Vin (activity room)	22 8:15 Walking (double classroom)
(activity room)	9:00 Glucose Screening	9:15 Form & Function - Kelly	9:30 Yoga – Mireille	8:30 Strength - Lisa
10:15 Yoga – Kelly (activity room)	10:00 Dementia/Memory Care Lecture- Health Dept.	(activity room) 9:30 Qigong Class	(activity room) 10:00 Art of Watercolor -	(activity room) 9:00-11:00
11:00 Art of Oil Painting – Zakia	09:00 Spanish 1 – Nelida (library/ZOOM) \$\$\$\$	(double classroom)	Margaret (double classroom)	Mental Health Info Session- Health Dept
(double classroom) \$\$\$ 11:30 Strength - Ed	09:30 Yoga- Ria	11:00 Blood Pressure Screening 10:00 Balance - Anna ZOOM	11:00 Cardio - Linda (activity room)	(lobby) 9:30 Chinese Hour - Sylvia
(activity room)	(activity room) 10:00 Spanish 2 - Nelida	11:00 Chair Yoga – Ed	1:00 Investment Group (double classroom)	(double classroom)
1:00 - 3:00 Session 8 - H.O.P.E. (double classroom)	(library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone -	(activity room) 11:45 Duplicate Bridge	1:00 Zumba – Vin (activity room)	09:30 Tai Chi - Hseuh (activity room)
	Lisa (activity room)	(double classroom) 2:50 International Ballroom		11:00 Strength - Anna ZOOM
25	26 8:20 Strongth Kolly	(activity room) \$\$\$\$ 27	28 HAPPY THANKSGIVING	29 HAPPY THANKSGIVING
9:15 Form & Function – Kelly (activity room)	8:30 Strength - Kelly (activity room)	8:15 Walking (double classroom)		
10:15 Yoga - Kelly	09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$\$	9:15 Form & Function-Kelly (activity room)	SENIOR	SENIOR
<pre>(activity room) 11:00 Art of Oil Painting -</pre>	09:30 Yoga- Kelly (activity room)	9:30 Qigong Class (double classroom)	CENTER CLOSED	CENTER CLOSED
Zakia (double classroom) \$\$\$	10:00 Spanish 2 – Nelida (library/ ZOOM) \$\$\$\$	10:00 Balance - Anna ZOOM	CLUSED	
11:30 Strength - Ed (activity room)	11:30 Chair, Stretch & Tone – Lisa (activity room)	11:00 Chair Yoga - Ed (activity room)		
1:00 - 3:00 Session 9 - H.O.P.E.	2:00 Book Club (library)	11:45 Duplicate Bridge (double classroom)		
(double classroom)		2:50 International Ballroom		