

# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Balance</b> <del>11am - 11:45am</del>
4 <b>Balance</b> 11am - 11:45am Chrissy <b>Balance</b> 1pm - 1:45pm Chrissy	5 <b>Seniors in Motion</b> 10am - 11am   Chrissy <del><b>Strength in Numbers</b> 11:30am - 12:15pm</del> <b>Seniors in Motion</b> 1pm - 2pm   Chrissy	6 <b>Yoga</b> 9:30am - 10:30am Caroline <b>Balance</b> 11am - 11:45am Chrissy <b>Chair Zumba</b> 12pm - 12:45pm Carolyn	7 <b>Seniors in Motion</b> 10am - 11am Chrissy <del><b>Strength in Numbers</b></del> <del>11:30am - 12:15pm</del> <b>Seniors in Motion</b> 1pm - 2pm Chrissy	8 <b>Balance</b> <del>11am - 11:45am</del>
11 <b>Veteran's Day</b> <b>Open 8am - 1pm</b> <i>No classes</i>	12 <b>Seniors in Motion</b> 10am - 11am Chrissy <b>Strength in Numbers</b> 11:30am - 12:15pm Caroline <b>Seniors in Motion</b> 1pm - 2pm   Chrissy	13 <b>Yoga</b> 9:30am - 10:30am   Caroline <b>Balance</b> 11am - 11:45am   Chrissy <del><b>Chair Zumba</b> 12pm - 12:45pm</del> <del>Carolyn</del>	14 <b>Seniors in Motion</b> 10am - 11am   Chrissy <b>Diabetes &amp; You</b> 12:30pm - 2pm Dr. Henry Sanchez <b>Seniors in Motion</b> 1pm - 2pm   Chrissy	15 <b>Balance</b> <del>11am - 11:45am</del>
18 <b>Balance</b> 11am - 11:45am Chrissy <b>Balance</b> 1pm - 1:45pm Chrissy <b>Meditation</b> 3pm - 4pm Rita	19 <b>Seniors in Motion</b> 10am - 11am   Chrissy <b>Strength in Numbers</b> 11:30am - 12:15pm   Caroline <b>Upper Body Mobility</b> 12:30pm - 1pm Izabela <b>Seniors in Motion</b> 1pm - 2pm   Chrissy <b>Knitting Basics</b> 2pm - 3pm   Joyce & Connie	20 <b>Yoga</b> 9:30am - 10:30am   Caroline <b>Balance</b> 11am - 11:45am   Chrissy <b>Chair Zumba</b> 12pm - 12:45pm   Carolyn <b>Trivia</b> 1pm - 2pm	21 <b>Seniors in Motion</b> 10am - 11am   Chrissy <b>Mat &amp; Chair Pilates</b> 11:30am - 12:15pm   Caroline <b>Seniors in Motion</b> 1pm - 2pm   Chrissy	22 <b>Balance</b> <del>11am - 11:45am</del>
25 <b>Balance</b> 11am - 11:45am Chrissy <b>Balance</b> 1pm - 1:45pm Chrissy	26 <b>Seniors in Motion</b> 10am - 11am   Chrissy <b>Strength in Numbers</b> 1:30am - 12:15pm   Richard <b>Seniors in Motion</b> 1pm - 2pm   Chrissy <b>Turkey Burn Fit</b> 2pm - 2:45pm   Richard	27 <b>Yoga</b> 9:30am - 10:30am Caroline <b>Balance</b> 11am - 11:45am Chrissy <b>Chair Zumba</b> 12pm - 12:45pm Carolyn	28 <b>Thanksgiving</b> Closed	29 <b>Open 8am - 1pm</b> <i>No classes</i>

## **Diabetes & You**

**Thursday, November 14 | 12:30pm - 2:00pm | Dr. Henry Sanchez**

Join us on World Diabetes Day for "Diabetes & You," an empowering class focused on equipping you with essential knowledge and practical tools to prevent, manage, and thrive with diabetes. Led by health expert, Dr. Henry Sanchez, this session will delve into the role of physical activity, nutrition, and lifestyle choices in blood sugar management and overall well-being. Whether you're living with diabetes, at risk, or supporting a loved one, this class offers valuable insights and guidance to help you make informed decisions and embrace a healthier lifestyle.

## **Meditation**

**Monday, November 18 | 3:00pm - 4:00pm | Rita**

Experience the calming benefits of mindfulness in our Guided Mindfulness Meditation Class. This session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

## **Upper Body Mobility**

**Tuesday, November 19 | 12:30pm - 1:00pm | Izabela**

Join us for a special upper body mobility session led by our skilled massage therapist, Izabela! This session is designed to improve range of motion, flexibility, and strength in your shoulders, chest, and upper back. Perfect for all fitness levels, we'll guide you through a series of gentle stretches, joint rotations, and dynamic movements that target common areas of tightness.

## **Knitting Basics**

**Tuesday, November 19 | 2:00pm - 3:00pm | Joyce & Connie**

Unwind and get creative in our Knitting Basics class! Whether you're brand new to knitting or looking to refresh your skills, this class will cover all the essentials to get you started. Learn how to cast on, knit, purl, and bind off with simple techniques that will build your confidence with every stitch. Our friendly instructor will guide you through choosing the right yarn and needles, understanding basic patterns, and troubleshooting common mistakes.

## **Trivia & Games**

**Wednesday, November 20 | 1:00pm - 2:00pm | Chrissy & Dona**

Get ready for a fun-filled Trivia & Games Session! Test your knowledge, challenge your peers, and enjoy a mix of brain teasers, trivia questions, and interactive games. This session is perfect for anyone looking to unwind, have a laugh, and engage in some friendly competition.

## **Mat & Chair Pilates**

**Thursday, November 21 | 11:30am - 12:15pm | Caroline**

Mat & Chair Pilates offers a gentle, effective workout for all fitness levels, with the option to participate on the floor or in a chair. This low-impact class focuses on building core strength, improving flexibility, and enhancing posture, all in a welcoming and supportive atmosphere. Move at your own pace and feel balanced, strong, and refreshed.

## **Turkey Burn Fit**

**Tuesday, November 26 | 2:00pm - 2:45pm | Richard**

Get ready for the holiday with our Turkey Burn Fit class! This fun, upbeat workout is perfect for getting your body moving before the Thanksgiving feast. With light cardio, strength, and core exercises, you'll feel energized and ready to enjoy the holiday. All fitness levels are welcome, so bring your friends and family along for a feel-good pre-holiday sweat session!