



# NOVEMBER 2024

## Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b><u>NOVEMBER IS FALL PREVENTION MONTH</u></b>				1 OPEN GYM DAY	2 9:30 Stretch Class (JS)
3 1:30 Video Zumba (FC)	4 1:30 SMART Exercises (JS)	5 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	6 1:30 SMART Exercises (JS)	7 1:30 Stretching Class (FC)	8 10:00 Balance Class (JS)	9 9:30 Stretch Class (FC)
10 1:30 Video Zumba (FC)	11	12 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	13	14 1:30 Tai Chi (JS)	15 10:00 Balance Class (JS)	16 9:30 Stretch Class (JS)
17 1:30 Video Zumba (FC)	18 1:30 SMART Exercises (JS)	19 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	20 1:30 SMART Exercises (JS)	21 1:30 Stretching Class (FC)	22 10:00 Balance Class (JS)	23 OPEN GYM DAY
24 1:30 Video Zumba (FC)	25 1:30 SMART Exercises (JS)	26 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	27 1:30 SMART Exercises (JS)	28 1:30 Tai Chi (EG)	29 10:00 Balance Class (JS)	30 9:30 Stretch Class (JS)