



Health & Wellness –November 2023

CR-Craft Room
ER- Exercise Room

FC-Fitness Center
TH-Theatre
PR- Party Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
** ONLY HEALTH AND FITNESS RELATED ACTIVITIES ARE ON THIS SIDE OF THE PAGE**  TURN OVER FOR ALL OTHER ACTIVITIES 			1 10:30am Fitness Class Group B (ER)	2 9:30am Chair Yoga (TH)	3 10:00am Hand Exercises (VR) 10:45am Tai-Chi (ER)	4
5	6 10:45am Tai-Chi (ER)	7 9:30am Chair Yoga (TH) 10:30am Fitness Class Group A (ER)	8 10:30am Fitness Class Group B (ER)	9 9:30am Chair Yoga (TH)	10 10:00am Hand Exercises (VR) 10:45am Tai-Chi (ER)	11 Remembrance Day
12 11:05am Walk with Lauren (R)	13 10:45am Tai-Chi (ER)	14 9:30am Chair Yoga (TH) 10:30am Fitness Class Group A (ER)	15 10:30am Fitness Class Group B (ER)	16 9:30am Chair Yoga (TH)	17 10:45am Tai-Chi (ER)	18
19	20 10:45am Tai-Chi (ER)	21 9:30am Chair Yoga (TH) 10:30am Fitness Class Group A (ER)	22 10:30am Fitness Class Group B (ER)	23 9:30am Chair Yoga (TH)	24 10:00am Hand Exercises (VR) 10:45am Tai-Chi (ER)	25
26 11:05am Walk with Lauren (R)	27 10:45am Tai-Chi (ER)	28 9:30am Chair Yoga (TH) 10:30am Fitness Class Group A (ER)	29 10:30am Fitness Class Group B (ER)	30 9:30am Chair Yoga (TH)	