



Health & Wellness –November 2024

CR-Craft Room
ER- Exercise Room

FC-Fitness Center
TH-Theatre
PR- Party Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>** ONLY HEALTH AND FITNESS RELATED ACTIVITIES ARE ON THIS SIDE OF THE PAGE**</p> <p>TURN OVER FOR ALL OTHER ACTIVITIES</p>  						1 10:00am Hand Exercises (VR)	2
3	4 10:45am Tai-Chi (ER)	5 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	6 10:30am Fitness Class Group (ER)	7 9:30am Chair Yoga (TH)	8 10:00am Hand Exercises (VR)	9	
10 11:05am Walk With Emily (R)	11 10:45am Tai-Chi (ER)	12 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	13 10:30am Fitness Class Group (ER)	14 9:30am Chair Yoga (TH)	15	16	
17	18 10:45am Tai-Chi (ER)	19 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	20 10:30am Fitness Class Group (ER)	21 9:30am Chair Yoga (TH)	22 10:00am Hand Exercises (VR)	23	
24 11:05am Walk With Emily (R)	25 10:45am Tai-Chi (ER) Blood Pressure Clinic 10am-2pm in the nurses station	26 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	27 10:30am Fitness Class Group (ER)	28 9:30am Chair Yoga (TH)	