NOVEMBER 2026

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Form & Function – Kelly (activity room) 9:15 Stronger Seniors Chair Class 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 – 3:00 Session 3 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia (double classroom) $$	**3** ELECTION DAY ALL ACTIVITES CLASSES & SOCIALIZING CANCELLED 	**4** 8:15 Tai Chi II – Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 10:00 Balance Screening 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	**5** 8:30 Total Body Toning – Vin (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double room) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba– Vin (activity room) $$ FLU CLINIC 4:00-5:00	**6** 8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 09:30 Tai Chi I – Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength – Anna (ZOOM ONLINE) 1:00 Karl Dentino Music Concert (activity room)
9 Happy Diwali 9:15 Form & Function – Kelly (activity room) 9:15 Healthy Bones Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 – 3:00 Session 4 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia (double classroom) $$	**10** 8:30 Walking (double classroom) 8:30 Strength – Kelly (activity room) 09:00 Spanish I – Nelida (library/ZOOM) $$ 09:30 Yoga – Ria (activity room) 10:00 Spanish= II – Nelida (library/ ZOOM) $$ 10:30 “Bone Up Your Health” (double classroom) 11:45 Duplicate Bridge (double classroom) 11:15 Chair, Stretch & Tone – Helen (activity room) 1:00 Cyber Scam Lecture (activity room)	**11** VETERANS DAY SENIOR CENTER CLOSED	**12** 8:30 Total Body Toning – Vin (activity room) 9:30 Yoga – Kelly (activity room) 10:00 Art of Watercolor – Margaret (double room) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room) $$	**13** 8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I – Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna (ZOOM ONLINE) 1:00 Declaration of Independence Lecture
16 9:15 Form & Function – Kelly (activity room) 9:15 Healthy Bones Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 – 3:00 Session 5 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia (double classroom) $$	**17** 8:30 Walking (double classroom) 8:30 Strength – Kelly (activity room) 09:00 Spanish I– Nelida (library/ZOOM) $$ 09:30 Yoga – Ria (activity room) 10:00 Spanish II – Nelida (library/ ZOOM) $$ 10:30 “Protecting What You've Built While Planning for the Future” Lecture 11:15 Chair, Stretch & Tone – Helen (activity room)	**18** 8:15 Tai Chi II – Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	**19** 8:30 Total Body Toning – Vin (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double room) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Vin (activity room) $$	**20** 8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I – Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna (ZOOM ONLINE)
23 9:15 Form & Function – Kelly (activity room) 9:15 Healthy Bones Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 – 3:00 Session 6 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia (double classroom) $$	**24** 8:30 Walking (double classroom) 8:30 Strength – Kelly (activity room) 09:00 Spanish I – Nelida (library/ZOOM) $$ 09:30 Yoga – Ria (activity room) 10:00 Spanish II – Nelida (library/ ZOOM) $$ 11:15 Chair, Stretch & Tone – Helen (activity room) 2:00 Book Club	**25** 8:15 Tai Chi II – Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Blood Pressure Screening 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	**26** HAPPY THANKSGIVING SENIOR CENTER CLOSED 	**27** HAPPY THANKSGIVING SENIOR CENTER CLOSED
30 9:15 Form & Function – Kelly (activity room) 9:15 Healthy Bones Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 – 3:00 Session 7 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia (double classroom) $$				