



# NOVEMBER 2024

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>HAPPY DIWALI</b>
				8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM  1:00 Music Concert (activity room)
4	5 <b>ELECTION DAY</b>	6	7	8
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room)  1:00 - 3:00 Session 7 - H.O.P.E. (double classroom)	<b>SENIOR CENTER CLOSED</b> 	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong Class (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (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)  4:00-6:00 FLU CLINIC	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM  1:00 Opera Appreciation (activity room)
11 <b>VETERANS DAY</b>	12	13	14	15
<b>SENIOR CENTER CLOSED</b> 	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$\$ 09:30 Yoga-Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 1:00 Bingo (double classroom)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong Class (double classroom) 10:00 Bone Density Screening 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) 3:15 Tech-Mate Program	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$ 11:00 Cardio - Kelly (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room)  9:00-11:00 NJ Senior Save Program (lobby) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM 11:30 Holiday Luncheon
18	19	20	21	22
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room)  1:00 - 3:00 Session 8 - H.O.P.E. (double classroom)	8:30 Strength - Kelly (activity room) 9:00 Glucose Screening 10:00 Dementia/Memory Care Lecture- Health Dept. 09:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$\$ 09:30 Yoga- Ria (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room)	8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong Class (double classroom) 11:00 Blood Pressure Screening 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Mireille (activity room) 10:00 Art of Watercolor - Margaret (double classroom) 11:00 Cardio - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room)	8:15 Walking (double classroom) 8:30 Strength - Lisa (activity room)  9:00-11:00 Mental Health Info Session- Health Dept (lobby) 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi - Hsueh (activity room) 11:00 Strength - Anna ZOOM
25	26	27	28 <b>HAPPY THANKSGIVING</b>	29 <b>HAPPY THANKSGIVING</b>
9:15 Form & Function - Kelly (activity room) 10:15 Yoga - Kelly (activity room) 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$ 11:30 Strength - Ed (activity room)  1:00 - 3:00 Session 9 - H.O.P.E. (double classroom)	8:30 Strength - Kelly (activity room) 09:00 Spanish 1 - Nelida (library/ ZOOM) \$\$\$\$ 09:30 Yoga- Kelly (activity room) 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone - Lisa (activity room) 2:00 Book Club (library)	8:15 Walking (double classroom) 9:15 Form & Function-Kelly (activity room) 9:30 Qigong Class (double classroom) 10:00 Balance - Anna ZOOM 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:50 International Ballroom (activity room) \$\$\$\$	<b>SENIOR CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b>