

Senior Calendar November 2019



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FRIDAY
Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm

4
MONDAY
Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

5
TUESDAY
SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:00

6
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
Senior Spin 3:30
Craft Club 1:00
LifeStream Lunch 11:00
Woodcarving 6:00 pm

7
THURSDAY
SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Yoga w/ Paul 2:30pm

LifeStream Lunch 11:00
Card Club 1:00

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FRIDAY
Senior Fit Mix 8:30
Judy & Sharon's
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

November 12th-30th

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

12

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:00

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WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
Senior Spin 3:30

LifeStream Lunch 11:00
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00

LifeStream Lunch 11:00

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9:30-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

LifeStream Lunch 11:00

20 **WEDNESDAY**

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9:30-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

Craft Club 1:00
Woodcarving 6:00 pm

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THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00

Card Club 1:00

LifeStream Lunch 11:00

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FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

25

MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9:-12 pm
Senior Spin 3:30

LifeStream Lunch 11:00

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9-12pm

Thanksgiving Carry-in
@ 11

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WEDNESDAY

Boot Camp 8:30am
Ping Pong 9-12 pm
Pickleball 9--12 pm
Senior Spin 3:30pm

LifeStream Lunch 11:00

Woodcarving 6:00 pm

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FRIDAY



Check out our Black Friday
Specials!