



November 2020



# ZOOM EXERCISE CALENDAR

**November 5, at 6:30 p.m.  
Meeting on Medicare and  
Open Enrollment Period  
With Harriet from SHIP**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> <b>11:00 A.M.</b> ZOOM GOLD TONING W/MARY LEE <b>3:30 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>3</b> ELECTION DAY  <b>CENTER IS CLOSED</b>	<b>4</b> <b>10:00 A.M.</b> ZUMBA GOLD W/MARY LEE <b>11:00 A.M.</b> CHAIR YOGA W/DIANE <b>2:00 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>5</b> <b>10:00 A.M.</b> CHAIR ZUMBA <b>10:00 A.M.</b> PHIL'S <b>CURRENT EVENT GROUP</b> <b>2:00 P.M.</b> COFFEE HOUR W/ALI	<b>6</b>	<b>7</b> 
<b>8</b> 	<b>9</b> <b>11:00 A.M.</b> ZOOM GOLD TONING W/MARY LEE <b>3:30 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>10</b> <b>11:00 A.M.</b> YOGA W/DONNA <b>1:00 P.M.</b> FIT FOR LIFE W/SILVIA <b>2:15 P.M.</b>	<b>11</b> VETERANS' DAY <b>CENTER IS CLOSED</b> 	<b>12</b> <b>10:00 A.M.</b> CHAIR ZUMBA  <b>2:00 P.M.</b> COFFEE HOUR W/ALI	<b>13</b>	<b>14</b> 
<b>15</b> 	<b>16</b> <b>11:00 A.M.</b> ZOOM GOLD TONING W/MARY LEE <b>3:30 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>17</b> <b>11:00 A.M.</b> YOGA W/DONNA <b>1:00</b> FIT FOR LIFE W/SILVIA	<b>18</b> <b>10:00 A.M.</b> ZUMBA GOLD W/MARY LEE <b>11:00 A.M.</b> CHAIR YOGA W/DIANE <b>2:00 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>19</b> <b>10:00 A.M.</b> CHAIR ZUMBA  <b>2:00 P.M.</b> COFFEE HOUR W/ALI	<b>20</b>	<b>21</b> 
<b>22</b> 	<b>23</b> <b>11:00 A.M.</b> ZOOM GOLD TONING W/MARY LEE <b>3:30 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>24</b> <b>11:00 A.M.</b> YOGA W/DONNA <b>1:00</b> FIT FOR LIFE W/SILVIA	<b>25</b> <b>10:00 A.M.</b> ZUMBA GOLD W/MARY LEE <b>NO CLASS W/DIANE TODAY</b>  <b>2:00 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE	<b>26</b>  <b>CENTER IS CLOSED</b>	<b>27</b> HOLIDAY KICK-OFF  <b>CENTER IS CLOSED</b>	<b>28</b> 
<b>29</b> 	<b>30</b> <b>11:00 A.M.</b> ZOOM GOLD TONING W/MARY LEE <b>3:30 P.M.</b> ARTHRITIS, BALANCE W/MARY LEE					