



NOVEMBER 2021 FITNESS & ACTIVITIES

MONDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
10:30 - 11:15 a.m. **Gerry**

Rhythm & Movement (Line Dancing)
11:30-12:15 p.m. **Gerry**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00 p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

TUESDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Pickleball - BEGINNERS
9:00 - Noon (Relax Court)

Beginner Pickleball Clinic
***1ST TUESDAY OF EACH MONTH AT 9:00AM**

Cardio Fit/ Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
10:30 - 11:15 a.m. **Gerry**

Ceramics Class
10:30 - 11:30 a.m. **Sharon**

Line Dancing
10:30- Noon **Perrin/Karen**

Stretch & Balance
11:30-12:15 p.m. **Gerry**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

WEDNESDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Tai Chi
10:00-11:00 a.m. **Russ**

Body Sculpting
10:30 - 11:15 a.m. **Gerry**

Rhythm & Movement (Line Dancing)
11:30-12:15 p.m. **Gerry**

Body Sculpting
4:30 - 5:15 p.m. **Irene**

Yoga
5:15 - 6:00p.m. **Irene**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

THURSDAYS

Billiards 7:30-6pm

Cards/Puzzles 7:30-6pm

Computer Lab 7:30-6pm

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 - 3:00 p.m.

Pickleball - BEGINNERS
9:00 - Noon (Relax Court)

Cardio Fit/Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
10:30 - 11:15 a.m. **Gerry**

Stretch & Balance
11:30-12:15 p.m. **Gerry**

Bingo 1:00 - 3:00 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

FRIDAYS

Billiards 7:30-Noon

Cards/Puzzles 7:30-Noon

Computer Lab 7:30-Noon

Walking-Gym 7:30-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Yoga
9:00-10:00 a.m. **Irene**

Pickleball
9:00 - Noon

Acrylic Art Class
9:00 - Noon p.m. **Marsh**

Tai Chi
10:00 - 11:00 a.m. **Russ**

Advance Line Dancing
10:00-10:45 a.m.

Line Dancing
10:45- Noon **Perrin/Karen**



DAUPHIN STREET CAFÉ IS OPEN!

Holiday Closures
Wed. 11/24/21
Thurs. 11/25/21
Fri. 11/26/21