

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00. Silver Sneakers	3 10:30. Zumba Stretch/Tone/Dance	4 10:00. Tai Chi Class	5 11am - 1pm Patient Appreciation Snacks and refreshments will be provided	6 10:00. Yoga Class	7
8	9 10:00. Silver Sneakers	10 10:30. Thanksgiving Arts & Crafts	11 10:00. Tai Chi Class	12 10:00. Silver Sneakers	13 10:00. Yoga Class	14
15	16 10:00. Silver Sneakers	17 10:30. Zumba Stretch/Tone/Dance	18 10:00. Tai Chi Class	19 10:00. Silver Sneakers	20 10:00. Yoga Class	21
22	23 10:00. Yoga Class	24 11:00. Thanksgiving Potluck	25 10:00. Tai Chi Class	26 Office Closed 	27 Office Closed	28
29	30 10:00. Silver Sneakers					
		Notes 	<ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Fitness/Exercise Room available daily for Humana Gold Plus Patients. * Coffee – Offered daily. * Transportation provided for Office Visits. 			