



MON	TUES	WED	THURS	FRI
NO MEMBERSHIP REQUIRED! <i>All are welcome!</i>	CLASSES ARE A \$20 DROP IN FEE OR 1 CLASS PASS UNLESS OTHERWISE NOTED	ASK ABOUT ZOOM CLASSES!	* FREE PROGRAMMING	CLOSED No Classes or Activities
3 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	4 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	5 10-11 Tai Chi 11:30-1:30 Community Games & Crafts *	6 11:15-12:15 Combination Yoga & Chair Yoga Class	7 CLOSED No Classes or Activities
10 10-11 Stretch & Strengthen NO IYENGAR YOGA today Noon-1 Tai Chi	11 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	12 10-11 Tai Chi 11:30-1:30 Community Games & Crafts *	13 11:15-12:15 Combination Yoga & Chair Yoga Class	14 CLOSED No Classes or Activities
17 10-11 Stretch & Strengthen NO IYENGAR YOGA today NO TAI CHI today CLOSING AT 12PM For Election Day setup	18 CLOSED Election Day Polling Site	19 10-11 Tai Chi 11:30-1:30 Community Games & Crafts *	20 11:15-12:15 Combination Yoga & Chair Yoga Class	21 CLOSED No Classes or Activities
24 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	25 10-11 Qigong 11:15-12:15 Yoga 1-3 Mah Jongg (RSVP \$15)	26 10-11 Tai Chi 11:30-1:30 Community Games & Crafts *	27 11:15-12:15 Combination Yoga & Chair Yoga Class	28 CLOSED No Classes or Activities
31 10-11 Stretch & Strengthen 11:15-12:45 Iyengar Yoga Noon-1 Tai Chi	Join us for Community Games & Crafts Wednesdays at 11:30!		Please note: Classes will reflect individual instructor availability.	
				CLOSED No Classes or Activities

KEY: 2ND FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE