November Wellness 2026

Daily: First 30 minutes of Pickleball Play is for Beginners

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	**SENIOR CENTER CLOSED** 3 	8:30–9:15 INDOOR WALKING 4 9:30 ZUMBA 10:30 BODY SCULPTING **12:15 – 1:00 THE BIG GARBA** **(must have signed up)** 2:00 PICKLEBALL- Open Play	**8:30– 9:50 Pickleball Club Practice** 5 10:00 **QI GONG- Sign up** 11:30 CHAIR YOGA 1:45 PICKLEBALL- Open Play	6 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
9 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	**8:30-10:15** 10 **LARGE GYM CLOSED FOR CLEANING** 10:15 – 11:00 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	**SENIOR CENTER CLOSED** 11 	**8:30– 9:50 Pickleball Club Practice** 12 10:00 **QI GONG- Sign up** 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	13 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
16 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	**8:30-10:30** 17 **LARGE GYM CLOSED FOR CLEANING** 11:15 CHAIR DANCE AEROBICs 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	18 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	**8:30– 9:50 PICKLEBALL BEGINNER'S CLASS** 19 **10:00 QI GONG- Sign up** 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	8:30-9:45 INDOOR WALKING 20 10:00 ZUMBA **11:30 -1:00 Pickleball Open play** **1:00 – 1:30 Large Gym Closed** **1:30 – 3:30** **Pickleball Club Square Dance** **(Sign up with Ken & Patty)**
23 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	**8:30-10:15** 24 **LARGE GYM CLOSED FOR CLEANING** 10:15 – 11:00 INDOOR WALKING **10am – 12pm APSEA- BP/BMI** 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	8:30 – 9:15 INDOOR WALKING 25 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play **SUBJECT TO EARLY CLOSING**	**SENIOR CENTER CLOSED** 26 	**SENIOR CENTER CLOSED** 27 
30 **8:30 – 10:30** **Pickleball Club Practice** 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play				