

NOV2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

Adapted
Dance 12

02

Adapted
Strength and
Conditioning
5:30

03

Adapted
Pickleball
4pm

04

05

Adapted Yoga
6:30pm

06

Adapted Aqua
Fit 5:30pm

07

Bowling
Competition
Adapted Dance
12

08

09

Adapted
Strength and
Conditioning
5:30

10

Adapted
Pickleball
4pm

11

12

Adapted Yoga
6:30pm

13

Adapted Aqua
Fit 5:30pm

14

Adapted
Dance 12
Moody Blues
Night Out 6-9pm

15

16

Adapted
Strength and
Conditioning
5:30

17

Adapted
Pickleball
4pm

18

19

Adapted Yoga
6:30pm

20

Adapted Aqua
Fit 5:30pm

21

Adapted
Dance 12

22

23

Adapted
Strength and
Conditioning
5:30

24

Adapted
Pickleball
4pm

25

26

27

28

29

30