November

MON	TUE	WED	THU	FRI
2 **9AM,** Fit for Life **10AM,** Knitting & Crocheting **10AM,** Belly Dancing	**3** **9:30AM,** Bloom & Thrive **11AM,** Pilates **1PM,** Silver Nails	**4** **9AM,** SAIL **10AM**, Computer Basics **10AM,** Latin Dance **11AM**, Mastering Social Media **11AM,** Tap Dancing	**5** **10AM,** Mindful Meditation **11AM,** Stretching for Arthritis **11AM-3PM,** Paddleball League **1PM,** Easy Fit Cardio	**6** **9AM,** SAIL **10AM,** Stress Relief Group **10am,** Contemporary Dance **10AM,** Health Presentation **10:30AM,** Artful Expressions
9 **9AM,** Fit for Life **10AM,** Knitting & Crocheting **10AM,** Belly Dancing	**10** **9:30AM,** Bloom & Thrive **11AM,** Pilates **1PM,** Silver Nails	**11** **9AM,** SAIL **10AM**, Computer Basics **10AM,** Latin Dance **11AM**, Mastering Social Media **11AM,** Tap Dancing ***11AM, Veteran's Day Party w/ DJ K-Wah!***	**12** **10AM, Older Adult Resource Fair** **All Other Programs Cancelled**	**13** **9AM,** SAIL **10AM,** Contemporary Dance **10:30AM,** Artful Expressions **1PM,** Bingo
16 **9AM,** Fit for Life **10AM,** Knitting & Crocheting **10AM,** Belly Dancing	**17** **9:30AM,** Bloom & Thrive **11AM,** Pilates **1PM,** Silver Nails	**18** **9AM,** SAIL **10AM,** Computer Basics **10AM,** Ballroom Dance **11AM,** Tap Dancing ***Trip: Walmart North Bergen, Depart @ 9:30AM***	**19** **9:30AM,** Bloom & Thrive **11AM,** Stretching for Arthritis **1PM,** Easy Fit Cardio	**20** **9AM,** SAIL **10AM,** Contemporary Dance **10:30AM,** Artful Expressions **1PM,** Bingo
23 **9AM,** Fit for Life **10AM,** Knitting & Crocheting **10AM,** Belly Dancing	**24** **9:30AM,** Bloom & Thrive **11AM,** Pilates **1PM, Thanksgiving Bingo**	**25** **11AM, Thanksgiving Luncheon** **All Other Programs Cancelled**	**26** **Thanksgiving Day** **Center Closed**	**27** **Black Friday** **Center Closed**
30 **9AM,** Fit for Life **10AM,** Knitting & Crocheting **10AM,** Belly Dancing				

Lunch: 12:30PM - 1:30PM, MON-FRI