

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>MELT® Hand & Foot Treatment</u> 11:15am-12:30pm Ilene Berke #10060</p> <p><u>Yoga Nidra Meditation</u> 3:00-3:45pm Ilene Berke #10067</p> <p><u>Piano Made Simple!</u> 6:40-7:30pm Oksana Management #10039</p>	<p><u>Jazzercise</u> 8:45-9:45am Elizabeth Eaves #9878</p> <p><u>Laugh, Flex & Stretch</u> 10:30-11:30am Lois Jackson #9792</p> <p><u>COVID -19 Women's Support Group</u> 11:30am-1:00pm Sue Wellerstein #9707</p> <p><u>Watercolor</u> 1:00-3:00pm David Deyell #9786</p> <p><u>Senior Concerns Seminar: COVID-19 Updates</u> <u>*11/10 ONLY*</u> 4:00-5:00pm *See website for details</p> <p><u>Let's Learn French</u> 6:45-7:35pm Oksana Management #10040</p>	<p><u>Chair Yogalates</u> 11:15am-12:15pm Ilene Berke #9797</p> <p><u>Senior Concerns Advocate</u> Appointments at 11:00am or 12:00pm *1st & 3rd Wed only</p> <p><u>Caregiver Support Group</u> 1:00-2:30pm #9770 *1st & 3rd Wed only</p>	<p><u>Jazzercise</u> 8:45-9:45am Elizabeth Eaves #9878</p> <p><u>Arthritis</u> 10:30-11:30am Lois Jackson #9783</p> <p><u>Learn to Play Guitar!</u> 7:10-8:00pm Oksana Management #10038</p>	<p><u>Chair Yogalates</u> 11:15am-12:15pm Ilene Berke #9804</p> <p><u>Farhana's Cooking Class - 11/20 ONLY</u> 10:30am-12:30pm Farhana Sahibzada #9789</p> <p>Saturday</p> <p><u>Let's Speak Italian!</u> 10:10am-11:00am Oksana Management #10041</p>