

November 2023 Wellness Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30am-7pm		8:30am-7pm		1 8:30am-7pm		2 8:30am-7pm		3 9am-12pm	
				8:30am- Walking Group (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1)		8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 5pm- Walking Group (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
6		7 8:30am-7pm		8 8:30am-7pm		9 8:30am-7pm		10 9am-12pm	
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Motivation to Change (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am- A Taste of Latin American Heritage (2) 1pm- Fat Burning with Dalia (1) 4pm- Pharmacy Education (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Coping with Anxiety and Depression (1)		8:30am- Walking Group (1) 9:30am- Stress Management (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Financial Literacy (2)		8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 1pm- Chair Yoga (2) 2pm- Art Class (2) 5pm- Walking Group (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
13 8:30am-7pm		14 8:30am-7pm		15 8:30am-7pm		16 8:30am-7pm		17 9am-12pm	
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 2pm- Coffee with America and Corina (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am- A Taste of Latin American Heritage (2) 1pm- Fat Burning with Dalia (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Coping with Anxiety and Depression (1) 5pm- Loteria (1)		8:30am- Walking Group (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Financial Literacy (2)		8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 1pm- Chair Yoga (2) 2pm- Art Class (2) 5pm- Walking Group (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1) 11am- Workout with Maria (1)	
20 8:30am-7pm		21 8:30am-7pm		22 8:30am-7pm		23 8:30am-7pm		24 9am-12pm	
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 2pm- Coffee with America and Corina (1) 4:30pm- Motivation to Change (1) 5pm- Walking Group (1) 5:30pm- ESL (1)		8:30am- Walking Group (1) 9am- A Taste of Latin American Heritage (2) 1pm- Fat Burning with Dalia (1) 5pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1)		HTC Closed		HTC Closed		HTC Closed	
27 8:30am-7pm		28 8:30am-7pm		29 8:30am-7pm		30 8:30am-7pm		9am-12pm	
8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1) 5:30pm- Nutrition in Diabetes (2)		8:30am- Walking Group (1) 9am- A Taste of Latin American Heritage (2) 1pm- Fat Burning with Dalia (1) 4pm- Pharmacy Education (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Coping with Anxiety and Depression (1) 5pm- Bingo (1)		8:30am-Walking group(1) 9:30am- Stress Management (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:00pm- Diabetic Skin Care (2) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Money matters (1)		8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 1pm- Chair Yoga (2) 5pm- Walking Group (1)			