

# NOVEMBER 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Double Bubble 5:00 - 8:00 PM	2
3 Sunday Supper 3:00 - 7:00 PM	4 Clubhouse Closed	5	6 ½ Price Bottles of Wine under \$70.00	7 Members Only 5:30 PM Kids Club 5:30 PM	8	9 Fried Chicken Night 5:00- 8:00 PM
10 Sunday Supper 3:00 - 7:00 PM	11 Clubhouse Closed	12	13 Euchre Night in the Pub 5:30 PM	14 Burger Night 5:00 - 8:00 PM	15 Double Bubble 5:00 - 8:00 PM	16
17 Sunday Supper 3:00 - 7:00 PM	18 Clubhouse Closed	19 Ladies Day	20 ½ Price Bottles of Wine under \$70.00	21 Never Ending Pasta Night 5:00 - 8:00 PM	22	23 Taco Night 5:00 - 8:00 PM
24 Sunday Supper 3:00 - 7:00 PM	25 Clubhouse Closed	26	27	28 Thanksgiving Day Buffet 11:00 AM - 1:00 PM	29 Clubhouse Closed	30 Prime Rib Night 5:00 - 8:00 PM

## CLUBHOUSE LUNCH

Tuesday - Friday  
11:00 AM - 2:00 PM

## CLUBHOUSE DINNER

Wednesday - Saturday  
5:00 - 8:00 PM

## SUNDAY SUPPER

Every Sunday in November  
from 3:00 - 7:00 PM

# NOVEMBER 2024 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga Classes are one hour. All other classes are 45 minutes.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Yoga	Functional Training	Yoga		
10:15 AM				Tai Chi		
11:00 AM	Mindful Movement	Senior Chair Fitness	Mindful Movement	Senior Chair Fitness		
4:00 PM	Stretch and Strength					
4:15 PM		Chair Yoga		Yoga with Phyllis		
5:30 PM	Latin/Hip-Hop	Christina's Strength	Latin/Hip-Hop	Yoga with Phyllis		

## CLASS DESCRIPTIONS

**FUNCTIONAL TRAINING** - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

**TAI CHI** - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

**YOGA** - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

**STRETCH & STRENGTHEN** - This class will focus on stretching & releasing tension from the body. It can help improve flexibility, reduce muscle tension & improve range of motion. Suitable for all fitness levels & genders

**MINDFUL MOVEMENT** - This class offers a blend of gentle, yet effective exercises aimed at enhancing strength, flexibility, balance, and overall functional fitness in a supportive and engaging environment.

**SENIOR CHAIR CLASS** - Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, balls etc.

**PERSONAL TRAINING** with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!

*\*Schedule subject to change\**