

NOVEMBER 2025 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Sunday Supper 3:00 – 7:00 PM ½ Price Bottles of Wine under \$100	3 Clubhouse Closed	4	5 Euchre Night in the Pub	6 Burger Night 5:00 – 8:00 PM	7 Double Bubble 5:00 – 8:00 PM	8
9 Autumn Sunday Brunch 10:30 AM – 1:00 PM No Sunday Supper	10 Clubhouse Closed	11	12	13 Members Only 5:30 PM Kids Club	14 Taco Night 5:00 – 8:00 PM	15 Holiday Mixology Class & Tasting 5:30 – 8:00 PM
16 Sunday Supper 3:00 – 7:00 PM ½ Price Bottles of Wine under \$100	17 Clubhouse Closed	18 Ladies Day	19 Euchre Night in the Pub	20	21 Double Bubble 5:00 – 8:00 PM	22 Prime Rib Night 5:00 – 8:00 PM
23 Sunday Supper 3:00 – 7:00 PM ½ Price Bottles of Wine under \$100	24 Clubhouse Closed	25	26	27 Thanksgiving Day Buffet 11:00 AM – 1:00 PM	28 Clubhouse Closed	29
30 Sunday Supper 3:00 – 7:00 PM ½ Price Bottles of Wine under \$100	1 December Clubhouse Closed	2 Annual Candlelight Dinner				

CLUBHOUSE LUNCH

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

CLUBHOUSE DINNER

Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER

November 2nd, 16th, 23rd & 30th
3:00 - 7:00 PM

NOVEMBER 2025 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	Jackson's Bootcamp	Functional Training	Jackson's Bootcamp		Bootcamp
10:00 AM				Tai Chi		Dance Fitness
11:00 AM	Chair Yoga	Chair Strength	Yoga	Chair Strength	Chair Yoga	
5:30 PM	Dance Fitness	Dance Fitness				

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.

CHAIR YOGA - 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.

BOOTCAMP - Using weights, machines, own body weight, ropes, TRX, and much more. Remember to bring a friend to try a free class!.

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