

Calendar of Activities - November 2023

		Wednesday - November 1	Thursday - November 2	Friday - November 3
		9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 1:00-4:00p Ceramics with Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:00-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-4:30p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - November 6	Tuesday - November 7	Wednesday - November 8	Thursday - November 9	Friday - November 10
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:00p Beginning Drawing w/Deborah 1:00-3:00p Beg. Western Line Dance 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/ Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p One Stroke Painting 7:00-9:00p Inter. Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 8:30-10:30a Technology Help w/Calista 8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support w/ Kelly 10:00-11:00a Bingo 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 1:00-4:00p Ceramics with Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:00-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance	VETERANS DAY CENTER CLOSED 
Monday - November 13	Tuesday - November 14	Wednesday - November 15	Thursday - November 16	Friday - November 17
6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exer. (RecCtr) 10:15-11:15a Traditional Exer. (RecCenter) 11:00a-1:00p Bunco (Rec Center) 1:15-3:15p 2500 Card Game (Rec Center) 2:00-3:00p Navigating Grief w/ Kelly (Rec.)	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support w/ Kelly 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Center)	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exer. (Rec) 9:00-10:00a Zumba (Rec Center) 10:15-11:15a Traditional Exer. (Rec) 1:00-2:30p Frugal Living (Rec Center) 4:00-5:00p Tai Chi with Bill Clovis Recreation Center is located at: 3495 Clovis Ave., Clovis 93612	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don (Rec Center) 10:00-11:00a Dance Aerobics (Rec Center) 10:15-11:15a Trad'l Exer. (RecCenter)	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exer. (RecCenter) 9:00-10:00a Zumba (Rec Center) 10:15-11:15a Traditional Exer. (RecCenter)
Monday - November 20	Tuesday - November 21	Wednesday - November 22	Thursday - November 23	Friday - November 24
6:00-7:00a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/ Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Inter. Couples Western Dance	6:00-7:00a Fast Fitness w/Beth 8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	6:00-7:00a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	THANKSGIVING HOLIDAY CENTER IS ONLY OPEN FOR THANKSGIVING LUNCHEON 	THANKSGIVING HOLIDAY CENTER CLOSED 
Monday - November 27	Tuesday - November 28	Wednesday - November 29	Thursday - November 30	
6:00-7:00a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:15-3:15p 2500 Card Game 2:00-3:00p Navigating Grief w/ Kelly 3:00-5:00p Beginning Hand&Foot 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Inter. Couples Western Dance	6:00-7:00a Fast Fitness w/Beth 8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support w/Kelly 10:00-11:00a Bingo 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don 2:30-3:30p Yoga with Don 3:00-5:00p Inter. Western Line Dance	6:00-7:00a Fast Fitness w/Beth 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-4:30p Beginning Hand & Foot 1:00-4:00p Ceramics with Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night	6:00-7:00a Fast Fitness w/Beth 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Drop-in Ping Pong 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Grief Support w/Regina 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:00-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 6:00-8:00p Beg. Couples Western Dance	