



# NOVEMBER 2023

## PHILLIPSBURG



\*\* Please join us for lunch immediately after at 12pm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		YOGA WITH LIZ 11:15 AM	Build your own donut  	 Chronic Pain Management  1PM
6	7	8	9	10
11am TAI CHI	 Holiday Closed	YOGA WITH LIZ 11:15 AM	ZUMBA WITH SANDY 11 AM	 VETERANS DAY Holiday Closed
13	14	15	16	17
11am TAI CHI	 Goya Cooking Class Shoprite of Greenwich Sponsored by Goya 11-12 noon	YOGA WITH LIZ 11:15 AM	Skin Care & Wound Prevention with Tifanie Blood pressure Screenings	 Chronic Pain Management
20	21	22	23	24
11am  TAI CHI A Better You A Better Tomorrow 11am		YOGA WITH LIZ 11:15 AM	Holiday Closed 	 Holiday Closed
27	28	29	30	
11am TAI CHI		YOGA WITH LIZ 11:15 AM	Rutgers Nutrition Education Birthday Celebrations	