



# NOVEMBER 2023

## WASHINGTON



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

| MONDAY                         | TUESDAY                                                            | WEDNESDAY | THURSDAY                                              | FRIDAY                                |
|--------------------------------|--------------------------------------------------------------------|-----------|-------------------------------------------------------|---------------------------------------|
|                                |                                                                    | 1         | 2                                                     | 3                                     |
|                                |                                                                    |           | YOGA WITH<br>LIZ<br>10:30 am                          | ZUMBA<br>WITH<br>SANDY<br>10:30am     |
| 6                              | 7                                                                  | 8         | 9                                                     | 10                                    |
| <br>Chronic Pain<br>Management | Holiday<br>Closed<br>                                              |           | YOGA WITH<br>LIZ<br>10:30 am                          | <br>VETERANS DAY<br>Holiday<br>Closed |
| 13                             | 14                                                                 | 15        | 16                                                    | 17                                    |
| <br>Chronic Pain<br>Management | TAI CHI<br>10:30 AM                                                |           | YOGA WITH<br>LIZ<br>10:30 am                          | ZUMBA<br>WITH<br>SANDY<br>10:30am     |
| 20                             | 21                                                                 | 22        | 23                                                    | 24                                    |
| <br>Chronic Pain<br>Management | TAI CHI<br>WITH 10:30<br>A Better You<br>A Better<br>Tomorrow 11am |           | Holiday Closed<br>                                    | <br>Holiday Closed                    |
| 27                             | 28                                                                 | 29        | 30                                                    |                                       |
| <br>Chronic Pain<br>Management | TAI CHI<br>10:30 AM<br>Blood pressure<br>screenings                |           | YOGA WITH LIZ<br>10:30 am<br>Birthday<br>Celebrations |                                       |