






November 2021 Seminar & Exercise Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Blood Pressure Screening 8:30 am - 5:00 pm Meditation 10:00 am - 11:00 am Hoop Yogi! 5:00 pm - 6:00 pm Dance Cardio 6:00 pm - 7:00 pm	2 Blood Pressure Screening 8:30 am - 5:00 pm Strength and Conditioning 6:00 pm - 7:00 pm	3 Blood Pressure Screening 8:30 am - 5:00 pm Line Dancing 9:30 am - 10:30 am Yoga 6:00 pm - 7:00 pm	4 Blood Pressure Screening 8:30 am - 5:00 pm KIDS AUTHOR DAY 3:30 pm - 5:00 pm Can Food Affect Your Mood? 5:30 pm - 7:00 pm	5 Blood Pressure Screening 8:30 am - 5:00 pm	6 Center closed	
7 Center closed	8 Blood Pressure Screening 8:30 am - 5:00 pm Meditation 10:00 am - 11:00 am Hoop Yogi! 5:00 pm - 6:00 pm Dance Cardio 6:00 pm - 7:00 pm	9 Blood Pressure Screening 8:30 am - 5:00 pm Healthy Bingo: Home Remedies 11:00 am - 12:00 pm Strength and Conditioning 6:00 pm - 7:00 pm	10 Blood Pressure Screening 8:30 am - 5:00 pm Line Dancing 9:30 am - 10:30 am Yoga 6:00 pm - 7:00 pm	11 Blood Pressure Screening 8:30 am - 5:00 pm History of Vaccinations 5:30 pm - 7:00 pm	12 Blood Pressure Screening 8:30 am - 5:00 pm 	13 Center closed
14 	15 Blood Pressure Screening 8:30 am - 5:00 pm Meditation 10:00 am - 11:00 am Hoop Yogi! 5:00 pm - 6:00 pm Dance Cardio 6:00 pm - 7:00 pm	16 Blood Pressure Screening 8:30 am - 5:00 pm Strength and Conditioning 6:00 pm - 7:00 pm	17 Blood Pressure Screening 8:30 am - 5:00 pm Line Dancing 9:30 am - 10:30 am Morning Chat: Understanding Medicare Benefits. 11:00 am - 12:00 pm Yoga 6:00 pm - 7:00 pm	18 Blood Pressure Screening 8:30 am - 5:00 pm 3 Ways to Prepare a Turkey & Using Leftovers 5:30 pm - 7:00 pm	19 Blood Pressure Screening 8:30 am - 5:00 pm	20 Center closed
21 Center closed	22 Blood Pressure Screening 8:30 am - 5:00 pm	23 Blood Pressure Screening 8:30 am - 5:00 pm	24 Center closed	25 	26 Center closed	27 Center closed


HEALTH EFFECTIVE RESOURCE ORGANIZATIONS DATABASE
U.S. Alliance Against Health Inequalities & Resilience Center

As you prepare for the Holidays, Join us for our Wisdom and Gathering Sessions on Thursday nights for some helpful tips on staying safe during this Holiday Season and how to safely prepare a turkey

Please notice the Center's hours of operations during the week of Thanksgiving!