

November 2026 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3 8 1 on 1 training 930 aquacise 11:00 1 on 1 training 1:00 step aerobics 2:00 1 on 1 training 3:00 1 on 1 training	4 8 1 on 1 training 10 strength class 11 sittercise 1 aerobics 2 Volleyball 3 balance	5 8 am 1 on 1 training 9:30 Aquacise 10:00 Yoga 11:00 1 on 1 training 1:00 Step Aerobics 2:00 Line Dancing 2 pm small group	6 8 1 on 1 training 10:00 strength 11:00 Sittercise 1:00 1 on 1 training 2:00 small group 3:00 Balance	7 9:30 Aquacise 11:15 Yoga tv 2:00 Aerobics 3:00 Volleyball
8	9 8 1 on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Art and Soul 2:00 Balance 3:00 1 on 1 training	10 9:30 Aquacise 10:00 Yoga 11:00 1 on 1 training 1:00 Step Aerobics 2 1 on 1 training 3 1 on 1 training	11 8 1 on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Aerobics 2:00 Volleyball 3:00 Balance	12 Mike OFF	13 Mike OFF	14 9:30 Aquacise 11:15 Yoga tv 2:00 Aerobics 3:00 Volleyball
15	16 MIKE OFF	17 MIKE OFF	18 8 1 on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Aerobics 2:00 Volleyball 3:00 Balance	19 8:00 1 on 1 training 9:30 Aquacise 10:00 Yoga 1:00 Step Aerobics 2:00 Line Dancing 2:00 small group 3:00 Stretch/appt	20 9:15 Qigong 10:00 strength 11:00 Sittercise 1:00 1 on 1 training 2 small group 3:00 Balance	21 9:30 Aquacise 11:15 Yoga tv 2:00 Aerobics 3:00 Volleyball
22	23 8:00 1 on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Art and Soul 2:00 Balance 3:00 1 on 1 training	24 9:30 Aquacise 10:00 Yoga 1:00 Step Aerobics 2 1 on 1 training 3:1 on 1 training	25 8 1 on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Aerobics 2:00 Volleyball 3:00 Balance	26 TURKEY DAY	27 8 1 on 1 training 10:00 strength class 11:00 Sittercise	28 9:30 Aquacise 11:15 Yoga tv 2:00 Aerobics 3:00 Volleyball
29	30 8 one on 1 training 10:00 Strength class 11:00 Sittercise 1:00 Art and Soul 2:00 Balance 3:00 1 on 1 training					

Wellness Matters Class Descriptions

STRENGTH CLASS

A fitness/strength class is designed to help older adults stay strong, mobile, and independent. We push the body in a safe way, focusing on function over intensity. We use a combination of weights and resistance bands for the upper body and lower body. This class helps to boost moods and confidence.

BALANCE CLASS

The balance class focuses on a whole-body approach, from the foot/ankle, knees, hips, lower, mid and upper back. We focus on fall prevention with total body movements. Good balance helps with everyday activities, like picking up groceries, or getting out of a chair. Many balance exercises engage the core and upper back, helping counteract issues like a rounded posture.

SITTERCISE

Sittercise is a class where residents will sit in a chair as we perform a variety of lower and upper body exercises to keep the body mobile, flexible and work to maintain strength.

STEP AEROBICS CLASS

Step aerobics is a form of aerobic exercise, which strengthens the heart and improves circulation. We will build functional leg strength to help with navigating steps and curbs. Step aerobics enhances balance, coordination, timing and foot placement.

YOGA

With age, joints stiffen and range of motion decreases. Yoga helps loosen tight muscles and improves joint movement. We build strength safely while seated, and support posture and stability.

TAI CHI



Tai Chi can reduce fall risk, which is an area of concern for seniors. We focus on slow-controlled weight shifts and body awareness, which can improve balance and coordination. These classes help the body react better to slips, trips, and falls.

LAUGHTER YOGA

Laughter yoga can help seniors by boosting moods, reducing stress, and increasing oxygen flow through gentle breathing and laughter exercises. It also encourages social interaction, which can improve emotional well-being and help combat loneliness.

CARDIO CLASS

Cardio classes for seniors help strengthen the heart, improve circulation, and maintain mobility through safe, low-impact movement. They also support balance and endurance, making everyday activities easier and reducing the risk of falls.

ART AND SOUL CLASS

Art and soul therapy blends gentle exercise, creative drawing, and music to engage both the body and mind in a relaxing, meaningful way. These activities can improve mood, reduce stress, and stimulate cognitive function while encouraging self-expression. The calming effects often carry over into better sleep and overall emotional well-being.

Classes are designed to be flexible and can be adjusted to support individual needs and mobility levels.