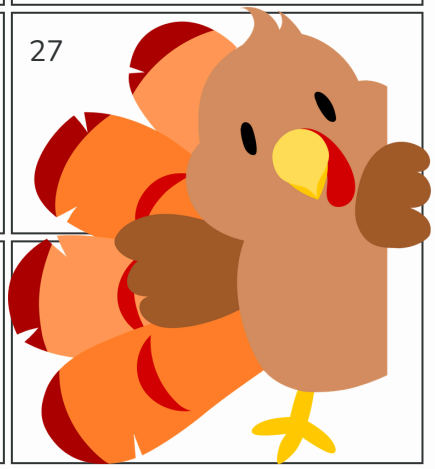
MOUNTAIN VIEW COMMUNITY CENTER

Senior Programs - November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Seated Enhance Fitness 1-3PM OMA Dementia Class	3 9:30am Chair Yoga 11am SAIL **Aerobics** **12:15pm Senior Cafe Lunch** **12:30pm Tidbit Tuesday**	4 10:30am SAIL w/ Jan 11:45am Chair Yoga 12:45pm The Write Stuff Group	5 10am SAIL **Aerobics** **11:15am Brain Games** 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	6 Join our Senior Walking Group on Saturdays at 10am meeting at Edgewood Park*
9 10am Seated Enhance Fitness 11:30am Tai Chi 1-3PM OMA Dementia Class	10 9:30am Chair Yoga 11am SAIL **Aerobics** **12:15pm Senior Cafe Lunch** **12:30pm Music by CC Engel**	11 **CLOSED FOR VETERANS DAY**	12 10am SAIL **Aerobics** **11:15am Brain Games** 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	13
16 10am Seated Enhance Fitness 11:30am Tai Chi 1-3PM OMA Dementia Class	17 9:30am Chair Yoga 11am SAIL **Aerobics** **12:15pm Senior Cafe Lunch** **1:30pm Balance And Fall Prevention**	18 10:30am SAIL w/ Jan 11:45am Chair Yoga 12:45pm The Write Stuff Group	19 10am SAIL **Aerobics** **11:15am Brain Games** 11:30 Krafty Krafters 12:30-2:00pm Pie and Cider Social 5:30pm Seeds of Change Dinner	20
23 10am Seated Enhance Fitness 11:30am Tai Chi 1-3PM OMA Dementia Class	24 9:30am Chair Yoga 11am SAIL **Aerobics** **12:15pm Thanksgiving Potluck** **12:30pm Bingo**	25 10:30am SAIL w/ Jan 11:45am Chair Yoga **Building Closure at 1:00pm**	26 **CLOSED FOR THANKSGIVING**	27
30 10am Seated Enhance Fitness 11:30am Tai Chi 1-3PM OMA Dementia Class				



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**Seated Enhance Fitness is an evidence-based Cardio, Strength, Balance and Stretch class for seniors.*