

Senior Wellness Programs — November 2025

Mon	Tue	Wed	Thu	Fri
		29	30	31
		10:00am Seated SAIL	10:00am SAIL Aerobics 11:30 am Krafty Krafter's 5:30pm Seeds of Change Dinner	MVCC Craft Bazaar 12-4pm on 10/31 9am-4pm on 11/1
3	Lunch and Learn 4	5	6	7
10:00am Seated SAIL <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Shepherds Pie	10:00am Seated SAIL	10:00am SAIL Aerobics 11:30 am Krafty Krafter's 5:30pm Seeds of Change Dinner	This time of equal day and night encourages an inner harvest of personal growth
10	11	12	13	
10:00am Seated SAIL <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	CLOSED FOR VETERANS DAY!	10:00am Seated SAIL	10:00am SAIL Aerobics 11:30 am Krafty Krafter's 5:30pm Seeds of Change Dinner	
17	18	19	20	21
10:00am Seated SAIL <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch BBQ Chicken Drumsticks	10:00am Seated SAIL	10:00am SAIL Aerobics 11:30 am Krafty Krafter's 5:30pm Seeds of Change Dinner	
24	25	26	27	28
10:00am Seated SAIL <u>11:40am Seated SAIL</u> with Jan 12:45pm Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch Thanksgiving Potluck	10:00am Seated SAIL	CLOSED FOR THANKSGIVING!	