

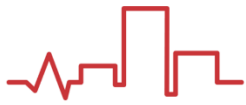


# November 2022 Exercise Calendar



Water Aerobics classes take place at the Warford ctivity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>8:30 AM - 7:00 PM</i>	2 <i>8:30 AM - 7:00 PM</i>	3 <i>8:30 AM - 7:00 PM</i>	4 <i>9:00 AM - 12:00 PM</i>	5 <i>CLOSED</i>
	8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 11:15 am - Water Aerobics 5 pm - Walking Group	8:30 am - Walking Group 10:30 am - SitFit (Hybrid) 5 pm - Walking Group	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group 5:30 pm - Light Lifts	9 am - Walking Group	
7 <i>8:30 AM - 7:00 PM</i>	8 <i>8:30 AM - 7:00 PM</i>	9 <i>8:30 AM - 7:00 PM</i>	10 <i>8:30 AM - 7:00 PM</i>	11 <i>9:00 AM - 12:00 PM</i>	12 <i>CLOSED</i>
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 11:15 am - Water Aerobics 5 pm - Walking Group	8:30 am - Walking Group 5 pm - Walking Group	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	9 am - Walking Group	
14 <i>8:30 AM - 7:00 PM</i>	15 <i>8:30 AM - 7:00 PM</i>	16 <i>CLOSED</i>	17 <i>8:30 AM - 7:00 PM</i>	18 <i>9:00 AM - 12:00 PM</i>	19 <i>CLOSED</i>
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 11:15 am - Water Aerobics 5 pm - Walking Group	<b>THE CLINIC AND THE FIT CENTER WILL BE CLOSED TODAY</b>	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group 5:30 pm - Light Lifts <b>6 pm - SitFit (Hybrid)*</b>	9 am - Walking Group	
21 <i>8:30 AM - 7:00 PM</i>	22 <i>8:30 AM - 7:00 PM</i>	23 <i>CLOSED</i>	24 <i>CLOSED</i>	25 <i>CLOSED</i>	26 <i>CLOSED</i>
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 11:15 am - Water Aerobics 5 pm - Walking Group	<b>THANKSGIVING BREAK</b>			
28 <i>8:30 AM - 7:00 PM</i>	29 <i>8:30 AM - 7:00 PM</i>	30 <i>8:30 AM - 7:00 PM</i>		<b>Reminders</b>	<b>Reminders</b>
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 11:15 am - Water Aerobics 5 pm - Walking Group	8:30 am - Walking Group 10:30 am - SitFit (Hybrid) 5 pm - Walking Group		<b>*Drive Thru Prayer will not count towards an Enrichment class credit</b>	<b>*SitFit on the 17<sup>th</sup> at 6 pm will provide a free meal and free childcare*</b>



# November 2022 Enrichment Calendar



Water Aerobics classes take place at the Warford Activity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>8:30 AM - 7:00 PM</i>	2 <i>8:30 AM - 7:00 PM</i>	3 <i>8:30 AM - 7:00 PM</i>	4 <i>9:00 AM - 12:00 PM</i>	5 <i>CLOSED</i>
	9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling 5:30 – Fun Food!	10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 6 pm – Money Matters	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		
7 <i>8:30 AM - 7:00 PM</i>	8 <i>8:30 AM - 7:00 PM</i>	9 <i>8:30 AM - 7:00 PM</i>	10 <i>8:30 AM - 7:00 PM</i>	11 <i>9:00 AM - 12:00 PM</i>	12 <i>CLOSED</i>
10:30 am – Mental Wellness 6 pm – Alcoholics Anonymous	9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling 5 pm – Bingo	9 am – Hypertension Medication Education 5:30 pm – What is Hypertension? 6 pm – Financial Literacy	10:30 am – Creative Cooking 5:30 pm – Creative Cooking		
14 <i>8:30 AM - 7:00 PM</i>	15 <i>8:30 AM - 7:00 PM</i>	16 <i>CLOSED</i>	17 <i>8:30 AM - 7:00 PM</i>	18 <i>9:00 AM - 12:00 PM</i>	19 <i>CLOSED</i>
9 am – Painting 10:30 am – Eating with Diabetes 6 pm – Alcoholics Anonymous	9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling 5:30 pm – Diabetic Foot Health	<b>THE CLINIC AND THE FIT CENTER WILL BE CLOSED TODAY</b>	10:30 am – Creative Cooking 5:15 pm – Drive Thru Prayer* 5:30 pm – Creative Cooking 6 pm – SitFit (Hybrid)*		
21 <i>8:30 AM - 7:00 PM</i>	22 <i>8:30 AM - 7:00 PM</i>	23 <i>CLOSED</i>	24 <i>CLOSED</i>	25 <i>CLOSED</i>	26 <i>CLOSED</i>
10:30 am – Creative Cooking 5:30 pm – Stress Management 6 pm – Alcoholics Anonymous	4 pm – Biblical Counseling 5 pm – Lotería 5:30 pm – Fun Food!	<b>THANKSGIVING BREAK</b>			
28 <i>8:30 AM - 7:00 PM</i>	29 <i>8:30 AM - 7:00 PM</i>	30 <i>8:30 AM - 7:00 PM</i>		<b>Reminders</b>	<b>Reminders</b>
9 am – Painting 10:30 am - Drumming 6 pm – Alcoholics Anonymous	9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling 6 pm – Bible study	9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 – What is Hypertension? 6 pm – Money Matters		<b>*Drive Thru Prayer will not count towards an Enrichment class credit</b>	<b>*SitFit on the 17<sup>th</sup> at 6 pm will provide a free meal and free childcare*</b>

