Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 **10:00am** Fitness Class **2:00pm** Juice Bar	4 **10:00am** Walk Group Indoor /Outdoor **1:15pm** Balance & Brain Fitness	5 **10:00am** Gym Fitness **11:00am** 1 to 1 visits **1:30pm** Tai Chi Walking	6	7
8	9	10 **10:00am** Fitness Class **2:00pm** Juice Bar	11 **10:00am** Walk Group Indoor /Outdoor **1:15pm** Balance & Brain Fitness	12 **10:00am** Gym Fitness **11:00am** 1 to 1 visits **1:30pm** Tai Chi Walking	13 **1:30pm** Karaoke	14
15	16	17 **10:00am** Fitness Class **2:00pm** Juice Bar	18 **10:00am** Hand Massage **1:15pm** Balance & Brain Fitness	19 **1:30am** Tai Chi Walking **11:00am** 1 to 1 visits	20	21
22	23	24 **10:00am** Fitness Class **2:00pm** Juice Bar	25 **10:00am** Balance & Brain Fitness	26	27	28
29	30					

November 2026

Mountain Glen Retirement Community

The EverFit Club

ALL ASSISTED
FITNESS AND COGNITIVE SERVICES