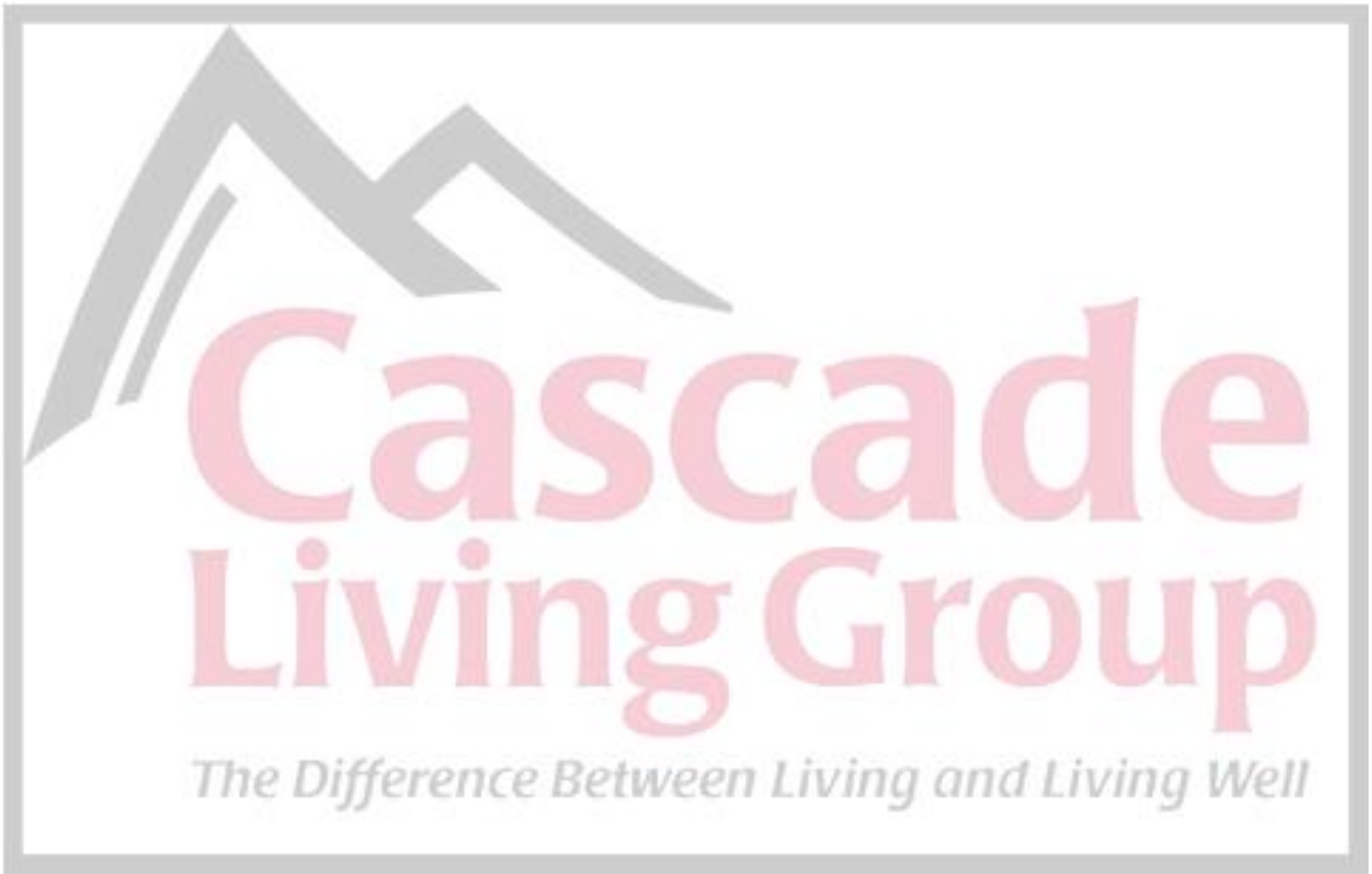
November 2026

The EverFit Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Chair Yoga @10:30am	Chair Chi @ 10:30am	Morning Stretches @ 10:30am	Ball Toss @ 10:30am	Chair Zumba @ 10:30am	Chair Chi @ 10:30am	Chair Zumba @ 10:30am
8	9	10	11	12	13	14
Chair Yoga @10:30	Chair Chi @ 10:30am	Morning Stretches @ 10:30am	Ball Toss @ 10:30am	Chair Zumba @ 10:30am	Chair Chi @ 10:30am	Chair Zumba @ 10:30am
15	16	17	18	19	20	21
Chair Yoga @10:30	Chair Chi @ 10:30am	Morning Stretches @ 10:30am	Ball Toss @ 10:30am	Chair Zumba @ 10:30am	Chair Chi @ 10:30am	Chair Zumba @ 10:30am
22	23	24	25	26	27	28
Chair Yoga @10:30	Chair Chi @ 10:30am	Morning Stretches @ 10:30am	Ball Toss @ 10:30am	Chair Zumba @ 10:30am	Chair Chi @ 10:30am	Chair Zumba @ 10:30am
29	30					
Chair Yoga @10:30	Chair Chi @ 10:30am					

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ALL ASSISTED
FITNESS AND COGNITIVE SERVICES


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