Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam	2 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	3 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	4 **9:30am** Light & Lively Exercise **11:00am** Balance Class with Crystal	5 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	6 **9:30am** Light & Lively Exercise **10:30am** Seated Rhythm Class with Nathan **11:00am** Chair Exercise with Crystal	7 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam in the Everfit Gym **11:00am** Meet for Indoor/Outdoor Walks
8 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam	9 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	10 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	11 **9:30am** Light & Lively Exercise **11:00am** Balance Class with Crystal	12 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	13 **9:30am** Light & Lively Exercise **10:30am** Seated Rhythm Class with Nathan **11:00am** Chair Exercise with Crystal	14 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam **11:00am** Meet for Indoor/Outdoor Walks
15 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam	16 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	17 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	18 **9:30am** Light & Lively Exercise **11:00am** Balance Class with Crystal	19 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	20 **9:30am** Light & Lively Exercise **10:30am** Seated Rhythm Class with Nathan **11:00am** Chair Exercise with Crystal	21 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam **11:00am** Meet for Indoor/Outdoor Walks
22 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam	23 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	24 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	25 **9:30am** Light & Lively Exercise **11:00am** Balance Class with Crystal	26 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal	27 **9:30am** Light & Lively Exercise **10:30am** Seated Rhythm Class with Nathan **11:00am** Chair Exercise with Crystal	28 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam **11:00am** Meet for Indoor/Outdoor Walks
29 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Liam	30 **9:30am** Light & Lively Exercise **11:00am** Chair Exercise with Crystal					

November 2026

Creekside Everfit Calendar

All classes held in the Eagle's Nest on the 2nd floor.

Subject to Change

Creekside Continuing Care Community
The Difference Between Living and Living Well

ALL ASSISTED
FITNESS AND COGNITIVE SERVICES