

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 <p>THE SPIRES AT BERRY COLLEGE</p>				<p>HEALTH & FITNESS 2024</p> <p>November</p>		<p>EL: Eagle's Landing Bar MB: Mount Berry Room AS: Art Studio FD: Formal Dining DR: Dining Room DH: Dining Hallway DP: Dining Patio LL: Longleaf Lodge GR: Game Room CR: Club Room/Library FC: Fitness Center CL: Commons Lobby MP: Magnolia Place BC: Bocce Ball Court</p>	<p>9:00 Tabata – Liz 1 9:30 RIFLE RANGE FIELD TRIP W/JEN (SIGN UP) 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz</p>	<p>10:00 Walking Club 2</p>
						<p>ALL SAINTS DAY DIWALI (HINDU)</p>	<p>9:00 Tabata – Liz 8 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30-3:00 RIDGE FERRY PARK WALK</p>	<p>10:00 Walking Club 9</p>
<p>9:00 Step Aerobics 3 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>9:00 Upper Body 4 Strength Training – Jen 10:00 Cardio Crush 10:45 Chair Yoga – Jen 11:00 AL Magnolia Sittercize – Tay 11:30 SN Magnolia Exercise – Tay 1:30 Sittercize – Tay</p>	<p>8:30 Water Aerobics – Lee 5 9:00 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Cardio Drumming – Jen 11:30 Memory Care – Tay 1:30 Functional Training Level 1 – Jen 2:15 Balance – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 6 9:00 Circuit City – Jen 10:00 Functional Training – Jen 11:15-12:15 AL & SN – Tay 1:30 Upper Body Strength Training – Jen 2:30 Chair Yoga – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>8:30 Water Aerobics – Lee 7 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 10:00-12:00 Pickleball 11:30 Memory Care – Tay 1:30 Lower Body Strength Training – Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen</p>	<p>9:00 Tabata – Liz 8 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30-3:00 RIDGE FERRY PARK WALK</p>	<p>10:00 Walking Club 9</p>		
<p>DAYLIGHT SAVINGS TIME ENDS</p>		<p>ELECTION DAY</p>						
<p>9:00 Step Aerobics 10 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p> <p>MARINE CORPS BIRTHDAY!</p>	<p>9:00 Upper Body 11 Strength Training – Jen 10:00 Chair Yoga – Jen 11:00 AL Magnolia Sittercize – Tay 11:30 SN Magnolia Exercise – Tay 1:30 VETERAN'S DAY CARDIO DRUMMING W/PATRIOTIC CUPCAKES FOLLOWING</p>	<p>8:30 Water Aerobics – Lee 12 9:00 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Cardio Drumming – Jen 11:30 Memory Care – Tay 1:30 Functional Training Level 1 – Jen 2:15 Balance – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 13 9:00 Circuit City – Jen 10:00 Functional Training – Jen 11:15-12:15 AL & SN – Tay 1:30 Upper Body Strength Training – Jen 2:15 Chair Yoga – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>8:30 Water Aerobics – Lee 14 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 10:00-12:00 Pickleball 11:30 Memory Care – Tay 1:30 Lower Body Strength Training – Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen</p>	<p>10:30-1:00 BOWLING W/THE FITNESS GALS 15 1:30 Sittercize – Jen 2:15 Practical Yoga & Mat Pilates – Jen</p>	<p>10:00 Walking Club 16</p>		
	<p>VETERANS DAY</p>							
<p>9:00 Step Aerobics 17 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>9:00 Upper Body 18 Strength Training – Jen 10:00 Chair Yoga – Jen 11:00 AL Magnolia Sittercize – Tay 11:30 SN Magnolia Exercise – Tay 1:30 Sittercize – Tay</p>	<p>8:30 Water Aerobics – Lee 19 9:00 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Cardio Drumming – Jen 11:30 Memory Care – Tay 1:30 Functional Training Level 1 – Jen 2:15 Balance – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 20 9:00 Circuit City – Jen 10:00 Functional Training – Jen 11:15-12:15 AL & SN – Tay 1:30 Upper Body Strength Training – Jen 2:15 Chair Yoga – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>8:30 Water Aerobics – Lee 21 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 10:00-12:00 Pickleball 11:30 Memory Care – Tay 1:30 Lower Body Strength Training – Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen</p>	<p>9:00 Tabata – Liz 22 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30 Sittercize – Jen 2:15 Practical Yoga & Mat Pilates – Jen</p>	<p>10:00 Walking Club 23</p>		
<p>9:00 Step Aerobics 24 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>9:00 Upper Body 25 Strength Training – Jen 10:00 Chair Yoga – Jen 11:00 AL Magnolia Sittercize – Tay 11:30 SN Magnolia Exercise – Tay 1:30 Sittercize – Tay</p>	<p>8:30 Water Aerobics – Lee 26 9:00 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Cardio Drumming – Jen 11:30 Memory Care – Tay 1:30 Functional Training Level 1 – Jen 2:15 Balance – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 27 9:00 Circuit City – Jen 10:00 Functional Training – Jen 11:15-12:15 AL & SN – Tay 1:30 Upper Body Strength Training – Jen 2:15 Chair Yoga – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>28</p> <p><i>HAPPY Thanksgiving</i></p>	<p>29</p>	<p>10:00 Walking Club 30</p>		
				<p>THANKSGIVING</p>				