Social Connection + Storytelling

Fitness/Wellness on Page 2

Technology + Devices

Arts, Crafts, + Culture



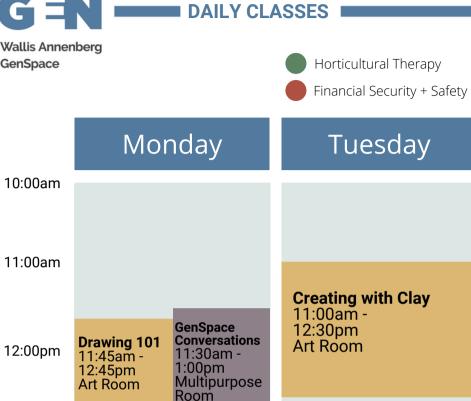
Wallis Annenberg GenSpace

1:00pm

2:00pm

3:00pm

4:00pm











## **Health, Fitness, + Wellness Schedule**

	Monday	Tuesday	Wednesday	Thursday
10:00am	Morning Stratahing	YMCA Presents: Dance Aerobics		<i>x</i> '
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	10:15am - 11:15am Fitness Room		
12:00pm		YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room	HAPPY thanksgiving!	HAPPY Thanksgiving!
1:00pm	Belly Dancing 1:00pm - 2:00pm Fitness Room		GenSpace will be closed on Wednesday,	GenSpace will be closed on Thursday,
2:00pm			November 23rd	November 24th
3:00pm	<b>Tai Chi Self-Defense</b> 3:00pm - 4:00pm	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm		
4:00pm	Fitness Room	Fitness Room		