



November 2019 Active Adult Calendar

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>YMCA of the SUNCOAST-HERNANDO COUNTY 1300 Mariner Blvd Spring Hill, FL 34609 352-688-9622 www.ymcasuncoast.org</p>				<p>1</p> <p>8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance</p>	<p>2</p> <p>7:45-8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba</p>
<p>3</p> <p>2:00-4:00 Pickleball 2:00 – 5:00 Santa’s Elves’ Workshop 2:30-3:30 Body Flow/Power Yoga</p>	<p>4</p> <p>9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 6:30- 7:45 Yoga 7:00-8:00 Zumba</p>	<p>5 NAT’L DOUGHNUT DAY</p> <p>5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00 -11:00 Yoga 10:00 LUNCH AND LEARN 11:15- 11:45 Meditation 12:00- 1:00 SS Classic 12:30- 1:30 Belly Dancing 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00- 4:50 Tai Chi</p>	<p>6</p> <p>9:00 –10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 1:00 – 4:00 ANYTHING GOES; EVERYTHING GOES 2:00 –3:00 Ballroom Dance 7:00 –8:00 Zumba</p>	<p>7</p> <p>5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi 7:30- 9:30 Pickleball</p>	<p>8</p> <p>8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance</p>	<p>9</p> <p>7:45 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba</p>
<p>10</p> <p>2:00-4:00 Pickleball 2:00 – 5:00 Santa’s Elves’ Workshop 2:30-3:30 Body Flow/Power Yoga</p>	<p>11 VETERAN’S DAY</p> <p>9:15- 10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 11:00-1:00 VETERAN’S LUNCH 12:00- 1:00 Classic 12:00-12:45 Cardio Dance 6:30-7:45 Yoga 7:00- 8:00 Zumba</p>	<p>12</p> <p>5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00-11:00 Yoga 11:15- 11:45 Meditation 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00-4:50 Tai Chi</p>	<p>13 WORLD KINDNESS DAY</p> <p>9:00 –10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 1:00-3:00 THANKSGIVING LUNCHEON 2:00 –3:00 Ballroom Dance 7:00 –8:00 Zumba</p>	<p>14</p> <p>5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi 7:30- 9:30 Pickleball</p>	<p>15</p> <p>8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance</p>	<p>16</p> <p>7:45- 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba</p>
<p>17</p> <p>2:00-4:00 Pickleball 2:00 – 5:00 Santa’s Elves’ Workshop 2:30-3:30 Body Flow/Power Yoga</p>	<p>18</p> <p>9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 2:00 MOVIE MATINEE 6:30- 7:45 Yoga 7:00-8:00 Zumba</p>	<p>19</p> <p>5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00 -11:00 Yoga 10:00 LUNCH AND LEARN 11:15- 11:45 Meditation 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:00 BOOK CLUB 2:30-3:30 Chi Kung 4:00- 4:50 Tai Chi</p>	<p>20</p> <p>9:00 –10:00 Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00 –3:00 Ballroom Dance 2:00 – 3:00 Travel Club 7:00 –8:00 Zumba</p>	<p>21</p> <p>5:15- 6:15 Yoga 10:00-11:00 Zumba 10:00-11:00 Yoga 11:15-11:45 Meditation 12:00-1:00 Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Chi Kung 3:45-4:45 Tai Chi 7:30- 9:30 Pickleball</p>	<p>22</p> <p>8:30- 9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 Circuit 12:00-1:00 Classic 12:00-12:45 Cardio Dance</p>	<p>23</p> <p>7:45- 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba</p>
<p>24</p> <p>2:00-4:00 Pickleball 2:00 – 5:00 Santa’s Elves’ Workshop 2:30-3:30 Body Flow/Power Yoga</p>	<p>25</p> <p>9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 Circuit 12:00-1:00 Classic 12:00- 12:45 Cardio Dance 3:00 – 7:00 BOARD GAME FUN 6:30- 7:45 Yoga 7:00-8:00 Zumba</p>	<p>26</p> <p>5:15- 6:15 Yoga 10:00- 11:00 Zumba 10:00 -11:00 Yoga 11:15- 11:45 Meditation 12:30- 1:30 Belly Dancing 12:00- 1:00 SS Classic 1:10- 2:10 Yoga (Chair) 2:30-3:30 Chi Kung 4:00- 4:50 Tai Chi</p>	<p>27</p> <p>Check member services for the LET’S SWEAT BEFORE YOU GET STUFFED GROUP FITNESS SCHEDULE.</p>	<p>28</p> <p>ENJOY THE HOLIDAY WITH FRIENDS AND FAMILY. THE Y IS CLOSED TODAY</p> 	<p>29</p> <p>Check member services for the TURKEY BURN GROUP FITNESS SCHEDULE TODAY.</p>	<p>30</p> <p>7:45- 8:45 Tai Chi 9:15-10:15 Yoga 9:15-10:15 Zumba</p>



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ANYTHING GOES. EVERYTHING GOES

Have you started your holiday craft-making, yet? On Nov. 6th from 1pm – 4pm, join other crafters and artists from novice to entrepreneur as the Y shares a wide variety of arts and crafts materials for your use. Bring your own excess materials to share, as well. We'll also have a few folks on hand to show you how-to-do. Tables will be set so you can stay and make new friends who share your love of arts and crafts.

BOARD GAME FUN

Are you a Scrabble champ? Or maybe you're more a Trivial Pursuit know-it-all. Bring your friends and your favorite board game to Board Game Fun on November 25 from 3pm – 7pm. A little competition is good for the brain!

BOOK CLUB

Interested in joining a book club? Do you like to read and discuss popular books? Our next meeting is November 19th at 2 pm. A \$20 deposit will be needed to cover the cost of lost or stolen books. The \$20 is refundable at the end of club participation.

THANKSGIVING LUNCHEON

Get your turkey on before Turkey Day. For \$5, you can share an early Thanksgiving meal with your Y Community on November 13 starting at 1pm. You're welcome to bring a guest. Sign up at the front desk by November 8th to pay and to receive your ticket.

VETERAN'S DAY LUNCH

The YMCA will honor the service of US military veterans and their spouses with a complimentary lunch on Veteran's Day, November 11th. Please sign up at the front desk.

LUNCH AND LEARNS

"*Making Sure You Don't Outlive Your Assets in Retirement*" is the topic of the Nov 5th Lunch and Learn at 10am being presented by BBVA. Register at the front desk by November 4th to save your spot.

Join us on November 12th at 10am when Skintastic Med Spa's Janie Rushnell answers your questions "*Just What Is a Med Spa and What's In It For Me?*". Learn the health benefits you can experience at a Medical Spa. Register by November 11th.

The only way to really know if you have high blood pressure, is to have it taken and read. Understanding your blood pressure is key to controlling hypertension. Join us on November 19th at 10am to learn about "*Your Blood Pressure: Ways to Stay Healthy*" as presented by Megan Souza, RN, Marketing Director Northbrook Rehab and have your blood pressure taken. Please sign up by November 18th.

MOVIE MATINEE

Every third Monday we present a blockbuster movie for your enjoyment. Cost is free. For November, we'll be showing "Aladdin" starring Will Smith. Be sure to sign up!

NAT'L DONUT DAY

Come enjoy one of these sweet fried dough confections while they last, November 5th starting at 8am. Thank you, Dunkin' Donuts!

WORLD KINDNESS DAY

Let's be Human Kind. A simple act of kindness can go a long way. Not sure what to do? On November 13th, we'll have suggestions to choose from or you can simply tell someone You Matter with a card the Y will have on hand to give to someone to brighten their day.

SANTA'S ELVES' WORKSHOP

So much to do for the holidays! Your YMCA has the perfect spot for you to take a few hours on any given Sunday from Nov 3 – Dec 15 from 2pm – 5pm. Work on holiday crafts, fill out Christmas cards, wrap gifts away from prying eyes, make new friends! Tables and chairs provided.

TRAVEL CLUB

Be part of the group that plans our upcoming trips. We want your input! Join us the 3rd Wednesdays of the month. Next trip is Dec. 6th to Mount Dora's Downtown Christmas Walk. Be sure to sign up at the front desk by Nov. 15th.



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