



# November Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

3



4



Weigh in today 8:00 AM

5

Workout With  
Jacob & Roy

6

Line Dancing  
with  
Juliana

7



10



11

Workout  
with  
Wakime

12

Music Therapy  
with  
Madison

13



14



17



18



Weigh in today 8:00 AM

19

Share Your Talent  
With  
Dawn Russell

20

Ballroom Basics  
With  
Michael Ramirez

21



24



25



26

Workout With  
Jacob & Roy

27

*HAPPY  
Thanks  
Giving*

28



All activities take place in the 151 Sheldon Rd. fitness center starting at 12:30 pm and are open to all people served and staff.  
Please see Amanda Moore with any questions. [amoore@marcct.org](mailto:amoore@marcct.org)