

## **MHC – Nov. 2020 Schedule**

### **Monday:**

10:00 am – 11:00 am – Fitness  
11:00 am – 12:00 pm – Recovery Strategies (Depression & Coping Skills)  
12:00 pm – 1:00 pm – LUNCH  
1:00 pm – 2:00 pm – Mindfulness (Self Care & Meditation)  
3:00 pm – 3:30 pm – ZUMBA Gold Seated

### **Tuesday:**

10:00 am – 11:00 am – Anxiety (New Class)  
11:00 am – 12:00 pm – Yoga  
12:00 pm – 1:00 pm – LUNCH  
1:00 pm – 3:00 pm – Leamington Group

### **Wednesday:**

10:00 am – 11:00 am – Fitness  
11:00 am – 12:00 pm – Anxiety (Original Group)  
12:00 pm – 1:00 pm – LUNCH  
1:00 pm – 2:00 pm – ZUMBA Gold  
2:00 pm – 3:00 pm – Nutrition and Wellness Roundtable  
7:30 pm – 8:30 pm – Yoga (Restorative)

### **Thursday:**

11:00 am – 12:00 pm – Yoga  
12:00 pm – 1:00 pm – LUNCH  
1:00 pm – 2:00 pm – Writer's Group  
2:00 pm – 3:00 pm – Games and Socializing

### **Friday:**

10:00 am – 11:00 am – Fitness  
11:00 am – 12:00 pm – Self Esteem  
12:00 pm – 1:00 pm – LUNCH  
1:00 pm – 3:00 pm – Art