



# NOVEMBER

## Shorefront Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SAIL (exercise) 10:00am – 11:00am</p> <p>Israeli Dance 11:00am – 12:30pm</p> <p>Belly Dancing 12:30 – 1:30pm</p> <p>Literary Club/ESL 1:00 – 2:30pm</p>	<p>ESL/Iryna 9am-10:30am</p> <p>Exercise 10:30 – 11:30am</p> <p>ESL 12:00 – 1:30pm</p> <p>Zumba 12:00 – 1:00pm</p>	<p>A Tribute To Our Heroes 11./11/2020 at 11:30am</p> <p><b>HEALTH LECTURE</b> 12pm</p> <p>ESL level 2 10am- 11:30am</p> <p>Yoga 1:00 – 2:00pm</p>	<p>Exercise 10:30 – 11:30am</p> <p>ESL level 2 10am-11:30am</p> <p>I am.... ( art, culture, health, education talks series) at 12pm</p> <p>Technology Class (russian) 12pm-1pm</p> <p>Ring Masters at 3pm</p>	<p>SAIL (exercise) 10:00am – 11:00am</p> <p>ESL/Iryna 9am-10:30am</p> <p>Belly dancing 12:00 – 1:00pm</p> <p>ESL 12:00 – 1:00pm</p> <p>Rhythmic Thunder (dance class) 1:30pm-2:30pm</p>

### CONTACT

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