

# Wesley Health & Wellness Center—Calendar of Events

## November 2024

Mon	Tue	Wed	Thu	Fri
 <h1 style="color: #c0504d;">Give Thanks with a Grateful Heart</h1> 				<b>1</b> <b>Sewing:</b> 9:00a-12:00p <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>50+:</b> 12:00p - 2:00p

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Parenting - Growing Families</b> <b>En Español:</b> 8:45a-10:45a <b>Line Dancing:</b> 9:00a-10:00a <b>Cardio Conditioning:</b> 10:00a-11:00a <b>Baila2Fitness:</b> 11:00a-11:45a <b>Basketball League:</b> 6:30pm-8:00pm	<b>Quilting:</b> 9:00a-11:00p <b>Parenting - Special Needs</b> <b>En Español:</b> 9:30a-11:30a <b>Flex Fit:</b> 10:15a-10:45a <b>Parenting - Growing Families</b> <b>En Español:</b> 12:30p-2:30p <b>Baila2Fitness:</b> 6:00p - 6:45p  <b>Fall Bazaar!</b> <b>10am-1pm</b> 	<b>Crocheting:</b> 9:00a-12:00p <b>Parenting - Growing Families:</b> <b>En Español:</b> 9:00a-11:00a <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>Parenting - Growing Families:</b> <b>En Español:</b> 12:15p-2:15p <b>Parenting - Growing Families:</b> 4:00p-6:00p <b>Cardio:</b> 6:00p-6:45p	<b>Jewelry:</b> 9:00a-12:00p <b>Flex Fit:</b> 10:15a-10:45a <b>Cardio Conditioning:</b> 11:00a-12:00p <b>Basketball League:</b> 6:30pm-8:00pm	<b>Sewing:</b> 9:00a-12:00p <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>50+:</b> 12:00p - 2:00p

<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Parenting - Growing Families</b> <b>En Español:</b> 8:45a-10:45a <b>Line Dancing:</b> 9:00a-10:00a <b>Cardio Conditioning:</b> 10:00a-11:00a <b>Baila2Fitness:</b> 11:00a-11:45a	<b>Quilting:</b> 9:00a-12:00p <b>Rummage Sale:</b> 10:00a-12:00pm <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 6:00p - 6:45p  	<b>Crocheting:</b> 9:00a-12:00p <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>Cardio:</b> 6:00p-6:45p	<b>Jewelry:</b> 9:00a-12:00p <b>Flex Fit:</b> 10:15a-10:45a <b>Cardio Conditioning:</b> 11:00a-12:00p	<b>Sewing:</b> 9:00a-12:00p <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>Harvest Fest!</b> <b>5pm-7pm</b> 

<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Parenting - Growing Families</b> <b>En Español:</b> 8:45a-10:45a <b>Line Dancing:</b> 9:00a-10:00a <b>Cardio Conditioning:</b> 10:00a-11:00a <b>Baila2Fitness:</b> 11:00a-11:45a	<b>Quilting:</b> 9:00a-12:00p <b>Parenting - Special Needs</b> <b>En Español:</b> 9:30a-11:30a <b>Flex Fit:</b> 10:15a-10:45a <b>Parenting - Growing Families</b> <b>En Español:</b> 12:30p-2:30p <b>Baila2Fitness:</b> 6:00p - 6:45p	<b>Crocheting:</b> 9:00a-12:00p <b>Parenting - Growing Families:</b> <b>En Español:</b> 9:00a-11:00a <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>Parenting - Growing Families:</b> <b>En Español:</b> 12:15p-2:15p <b>Cardio:</b> 6:00p-6:45p	Wesley Health & Wellness Center is closed for organization-wide meetings.  Regular programming will resume on <a href="#">Friday, Nov 22, 2024</a> <b>SEE YOU FRIDAY!</b>	<b>Sewing:</b> 9:00a-12:00p <b>Line Dancing:</b> 9:00a-10:00a <b>Flex Fit:</b> 10:15a-10:45a <b>Baila2Fitness:</b> 11:00a-11:45a <b>50+:</b> 12:00p - 2:00p

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
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**Methodist Healthcare Ministries**

SERVING HUMANITY TO HONOR GOD

**Program Descriptions:**

**Fall Bazaar**  
 Nov 5th | 10am-1pm  
 Featuring hand crafted Holiday arts and décor by clients for sale!  
 \*Cash Transaction only\*

**Harvest Fest**  
 Nov 15th | 5pm-7pm  
 Free fun for the family with games, raffle prizes, food and more!

Please contact us at (210) 469-4191 if you have questions regarding any of the Recreation & Enrichment classes.