

Mon	Tue	Wed	Thurs	Fri
<p>2) 10:00- Strength Exercise 11:00- Yoga 1:00- Talk and Tour: Yosemite National Park Tour 2:30 - Spanish lesson 12</p>	<p>3) 10:00- Stretch Exercise 9:45—Tai Chi w/ Linda 11:00- Ladies Time 1:00- Artistic Expressions 1:00- Lecture Series: The Aging Brian Lectures 1 & 2</p>	<p>4) 10:00- Strength Exercise 11:00- Yoga 1:00- Connect 2:00—2:30 Guitar Music 3:00- HUGS; Happy Ukulele Group</p>	<p>5) 10:00-12:00- Guy Time 9:45- Exercise w/ Linda 11:00—Crafts w/ Bridget 1:00—Modern Masters; Salvador Dali 2:00-3:30 Line Dancing</p>	<p>6) 10:00 - Strength Exercise 11:00 - Yoga 1:00- History Talk: Lost World's; Al Capone's Secret City of Chicago 2:30-3:30: Brain Teasers w/ Bridget</p>
<p>9) 10:00- Strength Exercise 11:00- Yoga 1:00- Talk and Tour: Memorials on the Mall 2:30 - Spanish lesson 12</p>	<p>10) 10:00- Stretch Exercise 9:45—Tai Chi w/ Linda 11:00- Ladies Time 1:00- Artistic Expressions 1:00- Lecture Series: The Aging Brian Lectures 3 & 4</p>	 <p>11) 10:00- Strength Exercise 11:30- Salut to Veterans 1:00- Connect 2:00—2:30 Guitar Music 3:00- HUGS; Happy Ukulele Group</p>	<p>12) 10:00-12:00- Guy Time 9:45- Exercise w/ Linda 11:00-The Secret Life of Cats 1:00- Experts in Arthritis w/ Dr. Matt Lowe 2:00-3:30 Line Dancing</p>	<p>13)10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 12 11:00 - Yoga 1:00- History Talk: The Second World War; On a Wing and a Prayer</p>
<p>16) 10:00- Strength Exercise 11:00- Yoga 1:00- Talk and Tour: The Heart Of Hawaii 2:30 - Spanish lesson 13</p>	<p>17) 10:00- Stretch Exercise 9:45—Tai Chi w/ Linda 11:00- Ladies Time 1:00- Artistic Expressions 1:00- Lecture Series: The Aging Brian Lectures 5 & 6</p>	<p>18) 10:00- Strength Exercise 11:00- Yoga 1:00- Connect 2:00—2:30 Guitar Music 3:00- HUGS; Happy Ukulele Group</p>	<p>19) 10:00-12:00- Guy Time 9:45- Exercise w/ Linda 11:00- Crafts w/ Bridget 1:00- Dogs: Man's Best Friends 2:00-3:30 Line Dancing</p>	<p>20) 10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 13 11:00 - Yoga 1:00- History Talk: The Vibrant Sun King; Louis XIV 2:30-3:30: Brain Teasers w/ Bridget</p>
<p>23) 10:00- Strength Exercise 11:00- Yoga 1:00- Talk and Tour: Ecosystem of the Everglades 2:30 - Spanish lesson 14</p>	<p>24) 10:00- Stretch Exercise 9:45—Tai Chi w/ Linda 11:00- Ladies Time 1:00- Artistic Expressions 1:00- Lecture Series: The Aging Brian Lectures 7 & 8</p>	<p>25) 10:00- Strength Exercise 11:00- Yoga 1:00- Connect 2:00—2:30 Guitar Music 3:00- HUGS; Happy Ukulele Group</p>	<p>26)</p>  <p>Happy THANKSGIVING Day</p>	<p>27) 10:00 - Strength Exercise 10:00-Spanish Repeat Lesson 14 11:00 - Yoga 1:00- History Talk: Plymouth Plantation Virtual Field Trip</p>
<p>30) 10:00- Strength Exercise 11:00- Yoga 1:00- Talk and Tour: Trans-Siberian Express Train Ride 2:30 - Spanish lesson 15</p>				<p>5025 Castello Drive Naples, FL 34103 239-325-4444 https://www.naplesseniorcenter.org/senior-center/</p>