

November 2025

Schedule your 2025 Senior Wellness Visit & enter into a raffle! Ask Debbie for more information!

Mon	Tue	Wed	Thu	Fri
3 Morning Walk w/Max 11a Shuffle, Deal, & Fold 1p	4 Bocce Ball 10a Morning Walk 11a Bingo 2p	5 Balance & Flow w/Max 10a Morning Walk w/Max 11a Good sleep for emotional wellbeing Jacqueline 2p 	6 Table Tennis 11a Tea & Tiny projects New! w/Debbie 2p A cozy time to unwind with a warm cup of tea and hands-on project. No pressure... just FUN!	7 Oh Brother, Let's Get Stuffed w/Debbie 11a New!  Shuffle, Deal, & Fold 1p
10 Morning Walk w/Max 11a Shuffle, Deal, & Fold 1p	11 Bocce Ball 10a Morning Walk 11a Veterans & Victory Treats Desserts & Gratitude for the Brave! 2p 	12 A Charlie Brown Thanksgiving 12p Join us for a Heartfelt Thanksgiving celebration! IN-PERSON RSVPs only by 11/07/25	13 Table Tennis 11a Birthday Celebration 2p A party isn't the same without you! Lets-celebrate YOU! 	14 It's the Great Side Dish Charlie Brown !!! w/Debbie 11a New!  Shuffle, Deal, & Fold 1p
17 Morning Walk w/Max 11a  Shuffle, Deal, & Fold 1p	18 Bocce Ball 10a Morning Walk 11a  Bingo 2p	19 Morning Stretch w/ Max 10 a Morning Walk w/Max 11a Good sleep for emotional wellbeing Jacqueline 2p (Spanish Speaking)	20 Table Tennis 11a TreatsGiving 2p New! A friendly baking contest with treats to enjoy and kindness to share !	21 HDMG Craft Fair 10-2p New! Shop, Sip & discover hand-made treasures before the holiday rush! Hot cocoa, good company, and gifts made from the heart !
24 Morning Walk w/Max 11a Shuffle, Deal, & Fold 1p	25 Bocce Ball 10a Morning Walk and mindful moments w/Max 11a Jars of Joy 2p New! Come craft a tiny jar full of sparkle, smiles, and cheer!	26 Morning Stretch w/ Max 10 a Morning Walk w/Max 11a Tech Talk w/Tino 2p Bring your questions & learn basic computer skills!	27 Closed In observance of the Thanksgiving ! Wishing you a safe & Happy Holiday!!!!	28 Center Closed 

You must be a Medicare Advantage Member to attend the center and participate in the program.

ASK US HOW

Please *RSVP* one week in advance for all activities that are in *Burgundy* font!
RSVP to Debbie @ (661) 582-8524

HDMG Enrichment Center for Seniors!
43767 15th St. West
In Lancaster
661/582-8548

Wednesday 12th! 12pm
Along with a *Heartfelt Thanksgiving* there will be a special screening of "A Charlie Brown Thanksgiving!"

Tuesday's Search and Play
Snoopy and the gang are on a Thanksgiving adventure! Hunt for hidden characters around the building, If you find one, turn it in and collect a raffle ticket.



Mon	Tue	Wed	Thu	Fri
3	4	5 Sit & Be Fit w/ Maggie 9a Hula w/ Lia 11a	6 Zumba w/Emlly 9a Peaceful Mind Chair Yoga w/Barbara 10a	7 Arthritis & Joint w/Emlly 9a Move & Groove w/Emlly 10a
10 Sit & Be Fit w/ Emily 9a Line Dancing w/ Emily 10a	11 Power up w/Max 9a Tap with Brittany 10a Ballet w/Brittany 11a	12 Sit & Be Fit w/ Emily 9a Hula w/ Lia 11a Belly Dancing w/ Lia 12p	13 Zumba w/Emlly 9a Peaceful Mind Chair Yoga w/Barbara 10a	14 Arthritis & Joint w/Emlly 9a Move Groove w/Emlly 10a
17 Sit & Be Fit w/Emlly 9a Line Dancing w/ Emily 10a	18 No Classes Today! AVSC/HDMG Health Fair Ask Debbie for flyer	19 Sit & Be Fit w/ Emily 9a Hula w/ Lia 11a	20 Zumba w/Emlly 9a Peaceful Mind Chair Yoga w/Barbara 10a Meditation w/Barbara 11a	21 Arthritis & Joint w/Emlly 9a Move & Groove w/Emlly 10a
24 Sit & Be Fit w/ Emily 9a Line Dancing w/ Emily 10a	25 Power up w/Max 9a Tap with Brittany 10a Ballet w/Brittany 11a	26 Sit & Be Fit w/ Emily 9a Hula w/ Lia 11a Belly Dancing w/ Lia 12p	27 Closed In observance of the Thanksgiving ! Wishing you a safe & Happy Holiday!!!!	28 Center Closed

Sit & Be Fit:
Increase functional movements, strength & balance with simple stretches & low impact exercises.

Line Dancing:
Y'all, let's kick it up a notch! With a mix of country & today's hits you'll be dancing' with a smile.

Hula:
Authentic dance moves & music of the islands, you will have fun moving your body to a different beat.

Belly Dancing:
A language of dance moving through the hips and torso promoting balance, strength, digestion and coordination.

Peaceful Mind Chair Yoga:
A gentle form of exercise to improve blood circulation, balance, relaxation & the immune system.

Meditation:
Mind techniques combined with Yoga to train your brain & form new neural connections.

Zumba:
Get up and dance to Latin inspired music! This class is low impact and moderate cardio.

Arthritis & Joint:
Mindfully move all of your joints from head to toe in this primarily seated class. Helps strengthen core, muscles, joints and stability/mobility throughout the body.

Move & Groove
Exercise moves that will improve strength, balance & endurance.

Tap
A unique blend of movement, sound, and rhythm. Get out your tap shoes!

Ballet
A stylized dance using precise movements to build flexibility and graceful technique

