NOVEMBER 2026

SPECIAL EVENTS CALENDAR



Peninsula HEALTH CARE DISTRICT
HEALTH & FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *11:00am Balance Fitness scheduled for 12:00-12:45pm*	**3** **Strength Circuit** 10:30-11:00am **Healthy Indian Cooking Simplified** 12:30-2:30pm	**4** **Tai Chi Level 1 ($)** 1:00-2:00pm **Safer at Home** 1:00-2:00pm	**5** **Boot Camp** 10:30-11:00am	**6** **Strength & Balance** 12:00-12:45pm
9 **Back in Action: Scoliosis** 12:00-1:00pm	**10** **Strength Circuit** 10:30-11:00am **Meditation** 12:30-1:15pm	**11** **Veteran's Day** Open 8:00am-1:00pm No Classes	**12** **Boot Camp** 10:30-11:00am	**13** **Strength & Balance** 12:00-12:45pm
16 **Knitting** 12:00-1:00pm **Barre Fusion** 2:00-2:45pm	**17** **Strength Circuit** 10:30-11:00am **Seasonal Pop-Up Greeting Cards** 1:00-2:30pm	**18** **Tai Chi Level 1 ($)** 1:00-2:00pm **Trivia** 1:00-2:00pm	**19** **Boot Camp** 10:30-11:00am	**20** **Strength & Balance** 12:00-12:45pm
23 **Gratitude & Movement** 12:00-1:00pm	**24** **Strength Circuit** 10:30-11:00am	**25** **Tea Party** 1:00-2:00pm	**26** **Thanksgiving** Closed	**27** **Open 8:00-1:00** No Classes
30 **Knitting** 12:00-1:00pm				

Barre Fusion - New Class!

Class is available to members for $5 per class or $30/month for unlimited signature classes. Signature classes include specialty class formats such as Yoga, Pilates, Barre, Tai Chi, and Dance.

Strength Circuit | Richard A full-body circuit class combining strength exercises with functional movements to improve muscular endurance, stability, and overall fitness.

Healthy Indian Cooking Simplified | Neha Desai Discover the essentials of healthy Indian cooking! Learn how to use flavorful spices, prepare curry sauce from scratch, and incorporate lentils, whole grains, and vegetables into simple, delicious, and nutritious meals.

Tai Chi ($5) | Elliotte Mao Experience the calming flow of Tai Chi with gentle movements, deep breathing, and balance exercises. Standing and seated options make this class accessible for all fitness levels.

Safer at Home | Home Safety Services Learn how Home Safety Services helps older adults stay safe and independent at home through home assessments, fall-prevention solutions, and modifications such as grab bars, railings, ramps, and lifts.

Boot Camp | Kassi A fun, full-body workout combining strength, cardio, balance, and functional movements. Exercises can be modified for different fitness levels, allowing everyone to work at a comfortable and appropriate pace.

Strength & Balance | Richard A full-body class designed to improve strength, balance, and stability through functional exercises that support everyday movement and help reduce fall risk.

Back to Action: Scoliosis | Kassi Meet Kassi, our Health & Fitness Specialist, while learning about scoliosis and how it affects posture, mobility, and everyday movement. Kassi will share helpful insights and demonstrate exercises to improve strength, flexibility, and spinal health.

Meditation | Rita This guided meditation session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

Knitting with Friends | Joyce & Connie Relax and create as you learn knitting basics - casting on, purling, binding off, reading patterns, and fixing mistakes. Perfect for beginners or anyone refreshing their skills.

Barre Fusion | Jacqueline Inspired by traditional barre, this low-impact class combines strength, balance, flexibility, and functional fitness exercises. Enjoy a variety of movements designed to improve posture, stability, coordination, and overall strength for everyday activities.

Core & More | Richard A gentle class to build core strength and improve mobility, posture, and balance. Includes floor work with modifications for comfort and safety.

Seasonal Pop-Up Greeting Cards | Gloria Get creative by transforming recycled seasonal greeting cards into unique pop-up creations! Learn to design and assemble pop-up cards with matching handmade envelopes, perfect for sharing with friends and family.

Trivia | Dona Join us for a fun Trivia & Games session! Test your knowledge, enjoy interactive games, and share some laughs in a friendly, relaxed setting. All are welcome.

Gratitude & Movement | Richard Celebrate gratitude through gentle movement, stretching, and mindful exercises! This uplifting class combines balance, mobility, and relaxation to promote physical well-being, reduce stress, and encourage appreciation for our bodies and all they can do.

Tea Party | Healthy Aging Pathways Join us for a relaxing tea party with Catholic Charities Healthy Aging Pathways. Enjoy tea, light refreshments, and friendly conversation while learning about programs and resources that support healthy aging, connection, and overall well-being.

Holiday Schedule

Wednesday, November 11	Open 8:00 - 1:00 No Classes
Thursday, November 26	Closed
Friday, November 27	Open 8:00 - 1:00 No Classes