NOVEMBER 2026 PARSIPPANY SENIOR CENTER'S EXERCISE CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:15 – T` ai Chi 10:30 – Healthy Bones	3 9:15 – Senior Fitness 10:30 – Chair Yoga	4 9:15 – T` ai Chi 10:30 – Line Dancing	5 9:15 – Chair Yoga 10:30 – Jazzercise	6 9:15 – T` ai Chi 10:30 – Grand Dancing	7 
8	9 9:15 – T` ai Chi 10:30 – Healthy Bones	10 9:15 – Senior Fitness 10:30 – Chair Yoga	11 **Closed for Veteran's Day**	12 9:15 – Chair Yoga 10:30 - Jazzercise	13 9:15 – T` ai Chi 10:30 – Grand Dancing	14
15	16 9:15 – T` ai Chi 10:30 – Healthy Bones	17 9:15 – Senior Fitness 10:30 – Chair Yoga	18 9:15 – T` ai Chi 10:30 – Line Dancing	19 9:15 – Chair Yoga 10:30 - Jazzercise	20 9:15 – T` ai Chi 10:30 – Grand Dancing	21
22 	23 9:15 – T` ai Chi 10:30 – Healthy Bones	24 9:15 – Senior Fitness 10:30 – Chair Yoga	25 9:15 – T` ai Chi 10:30 – Line Dancing	26 **Closed for Thanksgiving**	27 **Closed Thanksgiving Recovery**	28 
29 	30 9:15 – T` ai Chi 10:30 – Healthy Bones					