

Grand Rapids Parks & Recreation Older Adult Program – November 2011

Garfield Park Community Gym

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 31 12:00pm-1:30pm Open Gym 21+: Basketball | 1 9:30am Stretch and Flex 10:30am Know G.R. Ping Pong 11:30am-1:30pm Walking in Winter | 2 1:00pm-2:30pm Pickle Ball | 3 9:30am Stretch and Flex 10:30am Know G.R.: Thanksgiving Dinner On a Budget 11:30am-1:30pm Walking in Winter | 4 12:00pm-1:30pm Open Gym 21+: Basketball |
| 7 12:00pm-1:30pm Open Gym 21+: Basketball | 8 9:30am Stretch and Flex 10:30am Know G.R. Calvin College Nursing: Heart Healthy Foods 11:30am-1:30pm Walking in Winter | 9 1:00pm-2:30pm Pickle Ball | 10 9:30am Stretch and Flex 10:30am Know G.R. Personal Safety With Community GRPD Officer 11:30am-1:30pm Walking in Winter | 11 12:00pm-1:30pm Open Gym 21+: Basketball |
| 14 12:00pm-1:30pm Open Gym 21+: Basketball | 15 9:30am Stretch and Flex 10:30am Know G.R. Calvin College Nursing: Signs of Stroke 11:30am-1:30pm Walking in Winter | 16 1:00pm-2:30pm Pickle Ball | 17 9:30am Stretch and Flex 10:30am Know G.R. Book Club: A Christmas Carol 11:30am-1:30pm Walking in Winter | 18 12:00pm-1:30pm Open Gym 21+: Basketball |
| 21 12:00pm-1:30pm Open Gym 21+: Basketball | 22 9:30am Stretch and Flex 10:30am Know G.R. Calvin College Nursing: Mind Games & Fitness 11:30am-1:30pm Walking in Winter | 23 1:00pm-2:30pm Pickle Ball | 24 Happy Thanksgiving! <u>Garfield Park</u> <u>Community Gym Closed.</u> | 25 <u>Garfield Park</u> <u>Community Gym Closed.</u> |
| 28 12:00pm-1:30pm Open Gym 21+: Basketball | 29 9:30am Stretch and Flex 10:30am Know G.R. Calvin College Nursing: Blood Pressure Check 11:30am-1:30pm Walking in Winter | 30 1:00pm-2:30pm Pickle Ball | | |

