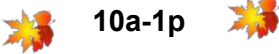


Wesley Health & Wellness Center—Calendar of Events

November 2025

Mon	Tue	Wed	Thu	Fri
3 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a Co-Ed Volleyball: 6:30p-8:30p	4 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a Flex Fit: 10:15a-10:45a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	5 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p Pickleball: 6:30p-8:30p	6 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	7 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
10 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a Co-Ed Volleyball: 6:30p-8:30p	11 Quilting: 9:00a-12:00p Rummage Sale: 10a-12p 9Parenting - Special Needs En Español: 9:30a-11:30a Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	12 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p Pickleball: 6:30p-8:30p	13 Jewelry 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio Conditioning: 11:00a-12:00p Cardio: 6:00p-6:45p	14 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
17 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	18 Quilting: 9:00a-12:00p Parenting - Special Needs En Español: 9:30a-11:30a FALL BAZAAR  10a-1p Parenting - Growing FamiliesEn Español: 12:30p-2:30p Baila2Fitness: 6:00p – 6:45p	19 Crocheting: 9:00a-12:00p Parenting - Growing Families: En Español: 9:00a-11:00a Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p Pickleball: 6:30p-8:30p	20 Wesley Health & Wellness Center is closed for organization-wide meetings. Regular programming will resume on Friday, November 21st, 2025	21 Sewing: 9:00a-12:00p Line Dancing: 9:00a–10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50+: 12:00p - 2:00p
24 Parenting - Growing FamiliesEn Español: 8:45a-10:45a Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio Conditioning: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	25 	26 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a Parenting - Growing Families: En Español: 9:00a-11:00a Parenting - Growing Families: En Español: 12:15p-2:15p Parenting - Growing Families: 4:00p-6:00p	27 IN OBSERVANCE OF THE THANKSGIVING HOLIDAY <i>We will be closed</i> 	28
27	28	29	30	31



Program Descriptions:

FALL BAZAAR
Nov |18th | 10a-1p
Wesley Gym

Featuring hand crafted Holiday arts and décor by clients for sale!
Cash Transaction only
Ring Central: 210-469-4191, Can call/ text for more information.

HARVEST FEST
Nov| 7th| 5p-7p
Wesley Gym

Free fun for the family with games, raffle prizes, food and more!
Ring Central: 210-469-4191, Can call/ text for more information.