NOVEMBER 2026

WESLEY HEALTH & WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Artful Gatherings:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Cardio:** 10:00a-11:00a **Baila2Fitness:** 11:00a-11:45a	**3** **Quilting:** 9:00a-12:00p **Flex Fit:** 10:15a-10:45a **Seat:** 11:00a-11:45a **Baila2Fitness:** 6:00p-6:45p	**4** **Crocheting:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a	**5** **Jewelry:** 9:00a-12:00p **Flex Fit:** 10:15a-10:45a **Cardio:** 11:00a-11:45a **Cardio:** 6:00p-6:45p	**6** **Sewing:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a **50 Plus:** 12:00p-2:00p
9 **Artful Gatherings:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Cardio:** 10:00a-11:00a **Baila2Fitness:** 11:00a-11:45a	**10** **Quilting:** 9:00a-12:00p **Flex Fit:** 10:15a-10:45a **Seat:** 11:00a-11:45a **Baila2Fitness:** 6:00p-6:45p	**11** **Crocheting:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a	**12** **Jewelry:** 9:00a-12:00p **Flex Fit:** 10:15a-10:45a **Cardio:** 11:00a-11:45a **Cardio:** 6:00p-6:45p	**13** **Sewing:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a **50 Plus:** 12:00p-2:00p
16 **Artful Gatherings:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Cardio:** 10:00a-11:00a **Baila2Fitness:** 11:00a-11:45a	**17** **Quilting:** 9:00a-12:00p **Flex Fit:** No Class **Seat:** No Class **Baila2Fitness:** 6:00p-6:45p FALL MARKET 10:00A-12:00P	**18** **Crocheting:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a	**19** **CLOSED** Regular programming will resume on Nov. 20th.	**20** **Sewing:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a **50 Plus:** 12:00p-2:00p FALL FEST 5:00P-7:00P
23 **Artful Gatherings:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Cardio:** 10:00a-11:00a **Baila2Fitness:** 11:00a-11:45a	**24** THANKSGIVING LUNCHEON 11:00P-1:00P	**25** **Crocheting:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Flex Fit:** 10:15a-10:45a **Baila2Fitness:** 11:00a-11:45a	**26** **CLOSED** Regular programming will resume on Nov. 30th. HAPPY THANKSGIVING	**27** **CLOSED** Regular programming will resume on Nov. 30th.
30 **Artful Gatherings:** 9:00a-12:00p **Line Dancing:** 9:00a-10:00a **Cardio:** 10:00a-11:00a **Baila2Fitness:** 11:00a-11:45a				

UPCOMING EVENTS

- **NOV. 7TH – 9AM** NURTURING OUR WELL-BEING @ DIXON
- **NOV. 17TH – 10AM** FALL MARKET
- **NOV. 20TH – 5PM** FALL FESTIVAL
- **NOV. 24TH – 11AM** THANKSGIVING LUNCHEON
- **DEC. 7TH –** BASKETBALL CLINIC BEGINS
- **DEC. 18TH –** SENIOR DANCE

RECREATION & ENRICHMENT:
(210) 469 - 4191

PARENTING:
(210) 810 - 5430

1406 FITCH ST, SAN ANTONIO, TEXAS, 78211

(210) 922 - 6922