

NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2 M&M Sweeties 6:00-7:00p Kung Fu 5:45p & 6:30p Line Dance 7:00p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p PSL Community Band Concert 7p Devereux Training 8a	3 Karate 5:30-7:30p Flamenco 7:30p Tutus and Taps 3:40p Dance Combo 4:20p Pickleball 8:30a-1:30p Tot Drop 9:00a-12:00p Devereux Training 8a FL Turnpike Awards 10a Solid Gold Dance Band 7p	4 MC Teacher of the Year Celebration 4:30p	5 Tutus and Taps 9a Moovin & Groovin 9:35a Dance Combo 10:40a Suicide Prevention Walk 8a Forum on Race Relations and Inclusion 9a	
6 Sweet 17	7 Men's League 6p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p	8 Karate 5:30-7:30p Tai Chi 6:30p Tot Drop 9:00a-12:00p Bankruptcy Seminar 6p	9 M&M Sweeties 6:00-7:00p Kung Fu 5:45p & 6:30p Line Dance 7:00p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p	10 Karate 5:30-7:30p Flamenco 7:30p Tutus and Taps 3:40p Dance Combo 4:20p Pickleball 8:30a-1:30p Tot Drop 9:00a-12:00p Art Gallery Unveiling 6-8p	11 Veteran's Day Recreation/Fitness Hours 7a-6p	12 Tutus and Taps 9a Moovin & Groovin 9:35a Dance Combo 10:40a Cesar & Mariana Wedding Fashion Show Twisted Ribbons 4th Annual Harvest Ride 11a	
13	14 Men's League 6p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p	15 Karate 5:30-7:30p Tai Chi 6:30p Tot Drop 9:00a-12:00p Devereux Training 8a Dancing with the Big Band "A St. Lucie Thanksgiving" 7p	16 Kid's Day Out 7:30-6p M&M Sweeties 6:00-7:00p Kung Fu 5:45p & 6:30p Line Dance 7:00p Judo 6:15p Senior Mahjongg 11:00a-1:00p Pickleball 8:30a-1:30p Neighborhood Planning "Wrap Up" 5:30p	17 Karate 5:30-7:30p Flamenco 7:30p Tutus and Taps 3:40p Dance Combo 4:20p Pickleball 8:30a-1:30p Tot Drop 9:00a-12:00p	18 Volleyball 6-7:45p Sweet 16	19 Tutus and Taps 9a Moovin & Groovin 9:35a Dance Combo 10:40a Buddy Bear Weekend 9:30a - 5:30p	
20 Church of God Prince of Peace Church Convention 12p	21 Kid's Day Out 7:30-6p Men's League 6p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p	22 Karate 5:30-7:30p Tai Chi 6:30p Tot Drop 9:00a-12:00p	23 Kid's Day Out 7a-6p M&M Sweeties 6:00-7:00p Kung Fu 5:45p & 6:30p Line Dance 7:00p Judo 6:15p Senior Mahjongg 11:00a-1:00p Pickleball 8:30a-1:30p	24 Happy Thanksgiving!	25 Recreation/Fitness Hours 7:30a-4:00p	26 Tutus and Taps 9a Moovin & Groovin 9:35a Dance Combo 10:40a Motorcycles, Music and More 10a-6p	
27	28 Men's League 6p Judo 6:15p Senior Mahjongg 11a-1p Pickleball 8:30a-1:30p	29 Karate 5:30-7:30p Tai Chi 6:30p Tot Drop 9:00a-12:00p	30 M&M Sweeties 6:00-7:00p Kung Fu 5:45p & 6:30p Line Dance 7:00p Judo 6:15p Senior Mahjongg 11:00a-1:00p Pickleball 8:30a-1:30p Devereux Training 8a				

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PSL Community Band – November 2 -
 “A Salute to America” -
 Show: 7 p.m., Doors 6:30 p.m.
 General Admission: \$7 advance, \$8/door



Dancing with the Big Band - Hosted by the Ambassadors of Swing on November 15:
“A St. Lucie Thanksgiving”
 Dance: 7 -9 p.m.,
 Doors 6:30 p.m.
 \$8 advance, \$10/door.



Solid Gold Dance Band – Thursday, October 6, 7 to 10 p.m.
 Doors open at 6:30 p.m. A great night of music and dancing to classic rock and today’s sounds.
 Tickets: \$6 advance
 \$7/at the door.



Humana® FITNESS AND WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-6:50A CARDIO RESISTANCE		6-6:50A WARRIOR BLAST		6-6:50A WARRIOR BLAST	
	8:10-9:00A STRENGTH & BALANCE		8:10—9:00A BARRE CLASS		
9-9:50A FUNCTIONAL TRAINING		9-9:50A FUNCTIONAL TRAINING	9:10 –10:00A ADVANCED FUNCTIONAL	9-9:50A FUNCTIONAL TRAINING	9-9:50A BOOT CAMP
		9-9:50A CHAIR YOGA			
10-10:50A SLOW FLOW YO- GA		10-10:50A GENTLE YOGA		10-10:50A SENIOR FIT	10:15-11:05A CYCLING
10-10:50A ZUMBA GOLD	10:10-11:00A ZUMBA		10:10-11:00A ZUMBA GOLD		
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11-11:50A SENIOR FIT	11:10-12:00AM ZUMBA GOLD	11-11:50A SENIOR FIT		11-11:50A GENTLE YOGA	9:30-10a Tabata Warrior Circuit
12-12:50A SENIOR FIT		12-12:50P ZUMBA		12-12:50P ZUMBA	10:10-11a BUTTS & GUTTS
1-1:50P CHAIR YOGA	5:30-6:20A BODY SCULPT		5:30-6:20A BODY SCULPT	12-12:50 CHAIR YOGA	11:10a- 12p CYCLING
5:30-6:20P CYCLING	5:30-6:45P YOGA	5:30-6:20P CYCLING	5:30-6:45P YOGA		
6:30-7:20P BOOT CAMP	6:30-7:20P CYCLING		6:30-7:20P CYCLING	6-6:50P ZUMBA	
6:30-7:20P ZUMBA	6:30-7:20P YOGA	6:30-7:20P BUTTS & GUTTS	6:30-7:20P YOGA		