South Haven Activities November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30-10:00 Chair Volleyball 10:00-3:00 Cards&Games of choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 12:30-2:00 Alzheimer's/Dementia Support Group 1:30-2:30 Cornhole 1:30-2:30 Yoga	**3** 9:30-10:15 Chair Yoga 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn and Chat	**4** 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	**5** 9:00-12:00 Stitched with Love 9:30-10:15 Chair Yoga 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 1:00-2:30 Watercolor Class	**6** 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 11:00-12:00 First Friday Music-open 12:00-2:30 Euchre 12:30-2:30 Chair Volleyball 12:30-2:30 Friday Knitters
9 8:30-10:00 Chair Volleyball 10:00-3:00 Cards&Games of choice 10:00-11:15 Flourishing Friends 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	**10** 9:30-10:15 Chair Yoga 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	**11** Closed In Honor of Veteran's Day	**12** 9:00-12:00 Stitched with Love 9:30-10:15 Standing Pilates 10:30-11:30 Line Dancing 12:30-1:15 Pilates 1:00-2:30 Watercolor Class 1:30-2:15 Fitness Drumming	**13** 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 12:00-2:30 Euchre 12:30 Movie Day- Solo Mio 12:30-2:00 Chair Volleyball 1:30-2:30 Yoga
16 8:30-10:00 Chair Volleyball 10:00-3:00 Cards&Games of choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 12:30-2:00 Alzheimer's/Dementia Support Group 1:30-2:30 Cornhole 1:30-2:30 Yoga	**17** 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	**18** 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-2:00 Canvas Painting 12:30-1:15 Gentle Fitness 1:00-2:00 Visually Impaired Group 1:30-2:30 Cornhole 1:30-2:30 Yoga	**19** 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 11:00-12:00 3rd Thursday Music 12:30-1:15 Pilates 12:30-1:30 Book Club	**20** Closed Staff In Service
23 8:30-10:00 Chair Volleyball 10:00-3:00 Cards&Games of choice 10:00-11:15 Flourishing Friends 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop-up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	**24** 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1 Chat 2	**25** 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	**26** Closed Happy Thanksgiving	**27** Closed Happy Thanksgiving
30 8:30-10:00 Chair Volleyball 10:00-3:00 Cards&Games of choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 12:30-1:15 Pop-Up Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	SSVBC	**Computer Lab:** Open Monday-Friday 9:00-2:30 **Onsite Help** Mondays & Tuesdays 9:30-11:30 Or by scheduling an appointment	**Walking Path:** The Walking Path is available to you all day Monday through Friday 8:00 am -3:00 pm 11 times around is 1 mile **Classes** are subject to change(day,time,and/or location) Thank you for your felxibility	**Pickleball:** 8-11:00 M-F **All Skill Level** 11-2:00 M/W/F **Intermediate Play** 11-2:00 T/TH **Intermediate Women** 2-3:00 M-F **Beginners Only**