

# LEISURE VILLAGE WEEKLY ACTIVITIES NOVEMBER 2023

## MONDAY

8:00am	Bone Builders	SRA
8:00	Water Aerobics	POOL
8:30	L.V. Exercise	PAV
9:00	L.V. Exercise 2nd class	PAV
9:00	Quilting Chicks	VR
9:30	Bone Builders	SRA
11:00	Water Aerobics	Pool
11:00	Aerobic Cross Train	SRA
1:00	Writers Club as Sched.	SR
1:00pm	Art Workshop	LR
1:00	Tai Chi Review	SRA
2:30	Int. Tai Chi	SRA
3:00	Stoners Rock Club	MPR
3:30	Beg. Tai Chi	SRA
4:00	Broadway Jazz	AR 2 <sup>nd</sup> @ 4:30p
6:30	Duplicate Bridge	GR

## TUESDAY

8:00am	Men's Golf	Golf Course
8:30	L. V. Exercise	PAV
9:00	L.V. Exercise 2nd class	PAV
9:30	Wii Bowling	VTA
10:00	Yoga	SRA
11:00	Water Volley Ball	Pool
1:00pm	Party Bridge	GR
1:00	Art Workshop	LR
1:00	Chorale	AR/MPR 1 <sup>st</sup> & 3 <sup>rd</sup>
4:30	Strength Training	SRA
6:00	Bone Builders	SRA
7:00	Groovin Easy Swing Band	AR

## WEDNESDAY

8:00am	Bone Builders	SRA
8:00	Water Aerobics	POOL
8:00	Women's Golf	Golf Course
8:30	L V Exercise	PAV
9:00	L.V. Exercise 2nd class	PAV
9:30	Bone Builders	SRA
10:00	Woodshop Assist	Woodshop
10:00	Chess	WDCR
11:00	Water Aerobics	Pool
11:00	Aerobic Cross Train	SRA
1:00pm	Wii Bowling	VT
1:00pm	Art Workshop	LR
1:00	Quilters Circle	SEW
2:00	Workshop for Writers	HOMES 2 <sup>nd</sup> & 4 <sup>th</sup>
3:30	Beginners Tai Chi	SRA
6:00	Bingo	AR
6:30	Duplicate Bridge	GR

## THURSDAY

8:30am	L.V. Exercise	PAV
9:00	L.V. Exercise 2nd class	PAV
10:00	Woodshop Assist	Woodshop
10:00	Yoga	SRA
11:00	Wii Bowling	VTA
11:00	Water Volley Ball	Pool
11:00	Mindfulness	GR
1:00pm	Tai Chi Review	SRA
1:00pm	Art Workshop	LR
1:00	Save R Sight & Hearing	SR 1 <sup>st</sup> & 3 <sup>rd</sup>
2:30	Int. Tai Chi	SRA
4:30	Strength Training	SRA
6:00	Bone Builders	SRA

## FRIDAY

8:00am	Bone Builders	SRA
8:00	Water Aerobics	POOL
8:30	L.V. Exercise	PAV
9:00	L.V. Exercise 2nd class	PAV
9:00	Music & Motion	AR/MPR
9:00	Bowling	Harley's Bowl
9:30	Needle Works, Etc.	GR/LR
10:00	Chess	WDCR
11:00	Water Aerobics	Pool
11:00	Aerobic Cross Train	SRA
1:00 pm	Quilters Circle	SEW
1:00	Watercolor Class	LR 3 <sup>rd</sup>
1:00	Party Bridge	GR
1:30	Players Acting Class	VTA
2:00	Basic Line Dance	AR

## SATURDAY/SUNDAY

10:00am	Water Aerobics	Pool /Sat
10:00	Basic Line Dance as Sched.	AR
11:00	Water Volleyball	Pool

Changes made later than Oct 9, 2023 will not  
Appear on the Weekly Activities Schedule or on the  
Monthly Calendar REVISED: 10/9/2023

AR	ASSEMBLY ROOM
CAM	CAMARILLO ROOM
GR	GARDEN ROOM
LR	LANAI ROOM
MPR	MULTI-PURPOSE ROOM
OJAI	OJAI ROOM
PAV	PAVILION
SEW	SEWING ROOM
SRA	SANTA ROSA ROOM
SR	SUN ROOM
VR	VILLAGE ROOM
VTA	VENTURA ROOM
WDCR	WOODCREEK ROOM