

October 2024

DAILY SCHEDULE

Tues 10:00am Chair Yoga Rm: 2
11:00am Balance Class (Beginner)
Rm: 2

Tai Chi Class -Mid September

Wed Line Dancing Fall Classes -
November
TBA

Thurs 10:00am Mat Yoga Rm: 2

Fri 11:30am Balance Class Rm: 2
(Intermediate)
2ND, 3RD & 4TH Friday of each month

SPECIAL EVENTS

Event: Halloween Bingo!

Sponsored by Unicity Senior Advisors

October 25th at 1pm!

Holy Cross HealthPlex Rm. 1

***INTERMEDIATE/ADVANCED BALANCE CLASSES ARE HELD ON THE 2ND, 3RD AND 4TH FRIDAYS AT 11:30AM ONLY!**

*Virtual Chair Yoga & Meditation

Mondays at 12:00pm

Click above to get access to the Zoom link

*Virtual Yoga Stretch

Tuesday & Thursday at 8:30am

Click above to get access to the Zoom link

***Medicare Information Session sponsored by SHINE:**

October 14th Open Enrollment
Education Room 1 at 1:00pm



All classes require registration. Participants must currently have a Holy Cross Medical Group Primary Care Provider and an active Medicare Insurance Plan to enroll. To register, click on the name of the class and complete the form with applicable link. For Assistance with registration, please call 954-542-0700 and ask for concierge only.

Calendar can be found on our website <https://www.holy-cross.com/events-search>