

# OCTOBER-NOVEMBER SESSION 4 CLASSES 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b><u>COLOR KEY</u></b></p> <p> VIRTUAL CLASS</p> <p> IN-PERSON DESLOGE OUTPATIENT</p> <p> IN-PERSON ST. LUKES DES PERES HOSPITAL</p>		<p>Cozy Mystery Book Club 10/3</p> <p>Yoga</p>	<p>Hand Chime Choir 10/4</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 10/5</p> <p>Tai Chi</p>	<p>Country Line Dancing 10/6</p> <p>Rhythm &amp; Soul</p>
		<p>Cozy Mystery Book Club 10/10</p> <p>Yoga</p>	<p>Hand Chime Choir 10/11</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 10/12</p> <p>Tai Chi</p>	<p>Country Line Dancing 10/13</p> <p>Rhythm &amp; Soul</p>
		<p>Cozy Mystery Book Club 10/17</p> <p>Yoga</p>	<p>Hand Chime Choir 10/18</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 10/19</p> <p>Tai Chi</p>	<p>Country Line Dancing 10/20</p> <p>Rhythm &amp; Soul</p>
		<p>Cozy Mystery Book Club 10/24</p> <p>Yoga</p>	<p>Hand Chime Choir 10/25</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 10/26</p> <p>Tai Chi</p>	<p>Country Line Dancing 10/27</p> <p>Rhythm &amp; Soul</p>
		<p>Cozy Mystery Book Club 10/31</p> <p>Yoga</p>	<p>Hand Chime Choir 11/1</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 11/2</p> <p>Tai Chi</p>	<p>Country Line Dancing 11/3</p> <p>Rhythm &amp; Soul</p>
		<p>Cozy Mystery Book Club 11/7</p> <p>Yoga</p>	<p>Hand Chime Choir 11/8</p> <p>Glee Choir</p> <p>Fitness Fusion</p>	<p>Anytime Friends Group 11/9</p> <p>Tai Chi</p>	<p>Country Line Dancing 11/10</p> <p>Rhythm &amp; Soul</p>

Scan the code to  
learn more about  
each class.



Albert Pujols  
Wellness Center for *Adults* with  
**Down Syndrome**