

## November 2024



### The Wellness Center hours of operation are

Monday – Friday 6:00 a.m.-7:00 p.m.  
Saturdays 6:00 a.m.-2:00 p.m..  
For any questions, please call at (760) 564-0096.

### WELLNESS CENTER CLOSED FOR LA QUINTA ARTS FESTIVAL

The La Quinta Arts Festival will be using the Wellness Center beginning Monday, November 11 through Monday, November 18. The facility will be closed to the public during this time and will re- open on Tuesday, November 19 at 6:00a.m.

### LOOK WHO'S IN THE LOBBY

#### Read With Me Volunteer Program

November 13, 8:00a.m. – 12:00p.m.  
Read With Me is recruiting volunteers for Truman Elementary and 21 other CV Elementary Schools. Information anytime between 8:00a.m. – 12:00p.m. and presentations 9:00a.m.; 10:00a.m.; and 11:00a.m.

#### HICAP One-on-One Consultations-

November 18; 10:00 a.m. - 12:00 p.m.  
Understanding Medicare health insurance benefits and options. Please call HICAP 1-800-434-0222 or 909-256-8369 to make an appointment. Meet at Wellness Center

#### FIND – Food Bank

November 18; 10:00a.m. – 12:00p.m.  
Information on FIND food bank mobile markets, Cal-Fresh, and low-income utility assistance.

#### November Harvest Lunch

November 20;11:30a.m. Fee: \$4.00 Enjoy a delicious meal catered by a local restaurant. Meet new friends, and visit with familiar friends. Reservations online or in person by the 11th of November.

### WELLNESS CENTER CLASS SCHEDULE

#### Yoga Flow-Billie Williams

Monday; November 4-25 11:00 a.m.-12:00 p.m.

(No class 11/11 and 11/18)

Fee: \$26.00 Drop-in fee \$18.00

#### Gentle Yoga– Brenda Lasarzig

Tuesday; November 5-26; 11:00a.m.-12:00 p.m.

Fee:\$36.00 Drop-in fee \$15.00

#### Ballroom, Latin, Swing-Teresa Shiry

Tuesday; November 5-26; 6:00 p.m. -7:00 p.m.

( No class 11/12)

Fee: \$37.50 Drop-in fee \$15.00

#### Mat Pilates-Billie Williams

Tues/Thurs; November 5-26; 11:00 a.m.-12:00.p.m.

(No class 11/12,11/14 and 11/28 )

Fee: \$65.00 Drop-in fee \$18.00

#### Tai Chi Yang-Atsuko Hewett

Tues/Thurs; November 5-21; 2:30 p.m.– 3:30 p.m.

(No class 11/12,11/14 and 11/28 )

Fee: 32.00 Drop-in fee \$10

#### Deep Stretch-Atsuko Hewett

Tues/Thurs; November 5-21; 3:45 p.m. -4:30 p.m.

(No class 11/12,11/14 and 11/28 )

Fee: \$32.00 Drop-in fee \$10

#### Pickleball– Jan Novak

Wednesdays: November 6-27; 6:00 p.m.-7:00 p.m.

Fee: \$140.00



CALIFORNIA

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## WELLNESS CENTER CLASS SCHEDULE

### Gentle Yoga– Brenda Lasarzig

Thursday; November 7-21; 11:00a.m.-12:00p.m.

Fee:\$24.00 Drop-in fee \$15.00

### Nidra Meditation and Sound

Thurs; November 7-21; 6:00 p.m.-7:00 p.m.

(No class 11/14 and 11/28 )

Fee: \$30.00 Drop-in fee \$20

### Personal Trainer-Sharla Jensen

Mon/Thru 9:00 a.m.-5:00 p.m.

Fee: 1 Session — \$60.00

Fee: 3 Sessions— \$ 165.00

Fee:6 Sessions — \$ 330.00

**CHANGES IN PURCHASING SILVERROCK RESIDENT GOLF CARDS**

WELLNESS CENTER - 78450 AVENIDA LA FONDA LA QUINTA, CA

During holidays and on the first Saturday of each month from November to April, residents can purchase their SilverRock resident golf cards by appointment. To schedule an appointment, please call the Wellness Center at 760.564.0096.

**Resident cards** may be purchased at Wellness Center on Mondays, Wednesdays, and Fridays from 10:00 a.m. to 3:00 p.m. (and the First Saturday of each month (November-April by appointment) from 8:00 a.m. to 12:00 p.m. Please bring required documents. For more information call (760) 564-0096.

## Weekly Activities

The Wellness Center provides these opportunities as a service and does not endorse or recommend any service or business. Services rendered are the responsibility of the provider and the recipient.

### Mondays

12:00p.m. – 4:00p.m.

#### Social Bridge:

Fee: \$4.00

(Call Pat 760-219-9972)

1:00p.m.

#### Monday Movie Matinee

### Tuesdays

12:30p.m. – 3:30p.m.

#### Mah Jongg;

Fee: \$2.00

### Wednesdays

1:00p.m. – 4:00p.m.

#### Mexican Train

#### Dominoes:

by Reservation call Joyce

408.593.5442

Fee:\$2.00

### Thursdays

1:00 p.m.– 3:00pm

#### Quilting for Good Times

### Fridays

2:00p.m. –4:00pm

#### La Quinta Ukulele

#### Stummers