

# November 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>2</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>3</b> 9:30am-11am - Cribbage  10-11:15am - Yoga Mat Class
<b>6</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class	<b>7 9:15am-2:45pm - Medicare Open Enrollment</b> (by appointment)  9-10am - Blood Pressure 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:45-3:30pm - Hand & Foot	<b>8</b> 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta <b>1:00-3:00 Rock Painting</b> 2:30-3:30 - Line Dancing	<b>9</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo 7pm - SSAB Meeting	<b>10</b>  <b>CENTER CLOSED FOR HOLIDAY</b>
<b>13</b> 9:15-10:15am - Meditation <b>10:30am - Coffee/Conversation by Advisory Board--MEDICARE</b> 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Memoir Writing 1 - 3pm - Mah Jongg Instructional class	<b>14 9:15am-2:45pm - Medicare Open Enrollment</b> (by appointment)  9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:45-3:30pm - Hand & Foot <b>1:45-3:30pm Flowers for Everyone</b>	<b>15</b> 9:15-10:15 - Chair Yoga 10-11am - Blood Pressure 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta <b>1pm - Bobby Justin Band</b> 2:30-3:30 - Line Dancing	<b>16</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30am - Blood Pressure <b>11:30am Thanksgiving Turkey Lunch</b> 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	<b>17</b> 9:30am-11am - Cribbage  10-11:15am - Yoga Mat Class
<b>20</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class <b>1 - 3pm DIY Affirmation Cards</b>	<b>21 9:15am-2:45pm - Medicare Open Enrollment</b> (by appointment)  9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:45-3:30pm - Hand & Foot	<b>22</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	23  <b>CENTER CLOSED FOR HOLIDAY</b>	24  <b>CENTER CLOSED FOR HOLIDAY</b>
<b>27</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1 - 3pm - Mah Jongg Instructional class 1:00-3:00pm - Memoir Writing	<b>28 9:15am-2:45pm - Medicare Open Enrollment</b> (by appointment)  9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 12:45-3:30pm - Hand & Foot	<b>29</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta 2:30-3:30 - Line Dancing	<b>30</b> 9:30-10:15am - Cardio Class 10:30-11:15am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	