

## NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
		<u>1</u> Seniors in Motion – 9:30 Mah Jongg – 10:00 Qi Gong – 11:00 Square Dancing – 2:00	<u>2</u> Bone Builders – 8:00 Jazzercise – 9:20 Game Day – 1:00 Intermed. Tai Chi – 2:00 <b>Quiet Reflection – 3:00</b>	<u>3</u> <b>DINNER/DANCE 6:00</b>  <u>4</u> Intermediate Tai Chi w/ Diane – 10:00
<u>6</u> Seniors in Motion – 9:30 <b>Yoga/Berlin – 9:15</b> Chair Yoga – 11:00 <b>Art Studio – 12:15</b> Pitch – 1:00	<u>7</u> Bone Builders – 8:00 Spanish – 10:00 Lunch – Noon Singers – 1:00 Beginners Tai Chi – 2:15	<u>8</u> Seniors in Motion – 9:30 Mah Jongg – 10:00 Qi Gong – 11:00 Square Dancing – 2:00	<u>9</u> Bone Builders – 8:00 Jazzercise – 9:20 <b>Board Meeting 10:00</b> <b>Book Discussion – 1:00</b> Game Day – 1:00 Intermed. Tai Chi – 2:00 <b>Quiet Reflection – 3:00</b>	<u>10</u>  <u>11</u> Intermediate Tai Chi w/ Diane – 10:00
<u>13</u> CVHHH Foot Clinic – 8:00 <b>Yoga/Berlin – 9:15</b> Seniors in Motion – 9:30 Chair Yoga – 11:00 <b>Art Studio – 12:15</b> <b>Sign Language – 1:00</b> Pitch – 1:00	<u>14</u> Bone Builders – 8:00 Spanish – 10:00 <b>THANKSGIVING DINNER –</b> Noon Singers – 1:00 Beginners Tai Chi – 2:15	<u>15</u> Seniors in Motion – 9:30 Mah Jongg-10:00 Qi Gong – 11:00 Square Dancing – 2:00	<u>16</u> Bone Builders – 8:00 <b>CVHHH Foot Clinic – 9:00</b> Jazzercise – 9:20 Game Day – 1:00 Intermed. Tai Chi – 2:00 <b>Quiet Reflection – 3:00</b>	<u>17</u>  <u>18</u> Intermediate Tai Chi w/ Diane – 10:00
<u>20</u> Yoga/Berlin – 9:15 Seniors in Motion – 9:30 Chair Yoga – 11:00 <b>Art Studio – 12:15</b> Pitch – 1:00 <b>Crafts – 1:00</b>	<u>21</u> Bone Builders – 8:00 Spanish – 10:00 <b>Lunch w/ Director – Noon</b> Singers – 1:00	<u>22</u> Seniors in Motion – 9:30 Mah Jongg-10:00 Qi Gong – 11:00 <b><u>CENTER CLOSES at NOON</u></b>	<u>23</u>  <div style="text-align: center;"><b><i>HAPPY THANKSGIVING!</i></b></div>	<u>24</u>  <u>25</u>
<u>27</u> Yoga/Berlin – 9:15 Seniors in Motion – 9:30 Chair Yoga – 11:00 <b>Art Studio – 12:15</b> Pitch – 1:00	<u>28</u> Bone Builders – 8:00 Spanish – 10:00 Lunch – Noon Singers – 1:00	<u>29</u> Seniors in Motion – 9:30 Mah Jongg-10:00 Qi Gong – 11:00 Square Dancing – 2:00	<u>30</u> Bone Builders – 8:00 Jazzercise – 9:20 <b>AARP Drivers – 10:00</b> Game Day – 1:00 Intermed. Tai Chi – 2:00 <b>Quiet Reflection – 3:00</b>	<b>*Special Events in bold</b>

