

# November 2024



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Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Coffee Talk 12:30pm-1:30pm
<b>4</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-2pm	<b>5</b> Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	<b>6</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	<b>7</b> Historical Society 9:30am-10:30am Line Dance 10:30am-11:30am Move & Groove 11:30am-12:30pm Trivia Party w/Devoted Health 1-2pm	<b>8</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Movie & Popcorn (Charlie Brown Thanksgiving) 12:30pm-2:30pm
<b>11</b> Boot Camp 9:30am-10:30am BP Readings 10am-11am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Coffee Talk 1pm-2pm	<b>12</b> Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	<b>13</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	<b>14</b> Line Dance 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-1:30pm	<b>15</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm November Birthday Party 12:30pm-1:30pm Live Music: Colleen Chance 1pm-2pm
<b>18</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Move & Groove 12:15pm-1:15pm Bible Study 1pm-2pm	<b>19</b> Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	<b>20</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm BINGO 12:30pm-2:30pm	<b>21</b> Line Dance 10:30am-11:30am Move & Groove 11:30am-12:30pm Coffee Talk 12:30pm-1:30pm Info on homecare for seniors 1pm-2pm	<b>22</b> Boot Camp 9:30am-10:30am Balance & Strength 11am-12pm Friendsgiving Potluck 12:30pm-2:30pm
<b>25</b> Coffee Talk 10:30am-11:30am Move & Groove 11:30am-12:30pm Sip & Paint w/Windsor House 1pm-3pm	<b>26</b> Yoga 9am-10am Line Dancing 10:30am-11:30am Cards 11am-3pm Mahjong 1pm-4pm	<b>27</b> Coffee Talk 11:30am-12:30pm BINGO 12:30pm-2:30pm	<b>28</b> <b>CLOSED</b> 	<b>29</b> <b>CLOSED</b> 