

# NOVEMBER ACTIVITY CALENDAR

## WEEKLY ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY
8:30 - 3:30 Exercise Room (L) 9 - 11 Social Hour (L) 9 - 11:30 Foot Care (L,F) 9 - 3:30 Mobile Library (L) 9 - 4 Acupuncture (L,F) 10 Introduction to Tai Chi (L,F) 10 - 12 Game: "Mahjongg" (L) 10:30 Meditation (V) 11 Line dancing (L,F) 11 - 12 Game: "Chess" (L) 12 Grab & Go Lunch (L,F) 1 - 4 Game: "Hand & Foot" (L) 2 - 3:30 Great Courses (L)	8:30 - 3:30 Exercise Room (L) 9 Core with Alasa (L,V) 9 - 11 Social Hour (L) 9 - 3:30 Mobile Library (L) 9 - 3:00 Table Massage (L,F) 11:30 - 12:15 Cup of Chi (V,F) 12 Grab & Go Lunch (L,F) 12:30 - 3:30 Game: "Bridge" (L) 1 - 2 Game: "Ping Pong" (L) 1:30 - 3:30 Game: "Pegs and Jokers" (L) 1 - 3 Downton Abbey Series (L)	8:30 - 3:30 Exercise Room (L) 9 - 11 Social Hour (L) 9 - 3:30 Mobile Library (L) 10 Slow Flow Yoga (L,F) 10 - 11:30 Club 108 (L) 12 Grab & Go Lunch (L,F) 11:30 - 1:30 Private Yoga Sessions (L,F) 2 - 4 Acupuncture (L,F) 2:30 Ageless Grace (L,F) 3:30 - 4:15 Line Dancing (L,F)
MONDAY	TUESDAY	WEDNESDAY
	<b>1</b> 10 Hometown Helpers (L) 10 Caregivers Group (L,V) 1:30 Fall MATC Exercise Class (V)	<b>2</b> 9 Therapeutic Yoga Core and Spine (L,F)
<b>7</b>	<b>8</b> 1:30 Fall MATC Exercise Class (V)	<b>9</b> 9 Therapeutic Yoga Core and Spine (L,F) 10 Book Club (L) 11 World Class Bridge Player (L)
<b>14</b>	<b>15</b> 10 Caregivers Group (L,V) 10 Card Making Group (L,F) 1:30 Fall MATC Exercise Class (V)	<b>16</b> 9 Therapeutic Yoga Core and Spine (L,F) 12 Movie: Return of the Pink Panther (L)
<b>21</b> 11 New Horizon's Swing Band (L)	<b>22</b> 1:30 Fall MATC Exercise Class (V)	<b>23</b> 9 Blood Pressure Checks (L) 10 Crossword 12 Movie: Silverado (L)
<b>28</b>	<b>29</b> 10 How to Reduce Risk of Dementia (L) 1:30 Fall MATC Exercise Class (V)	<b>30</b> 9 Therapeutic Yoga Shoulders, Head, and Neck (L,F) 10 Singo (L)