

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p><i>* Tuesday chair exercise time change and new lunch time</i></p> <p><i>* Friday class full</i></p>	<p>1 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2mile) 9:30 Yoga 10:00 Creative Writing 10-12 S.H.I.P Counselors "Open Enrollment" 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>2 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 Tech Help 10:00 French Group 10:30 Ballroom Dancing 11:30 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last session) 3:00-3:45 Zumba</p>	<p>3 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p>
<p>6 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance Class 12:30 Lunch 1:00 <i>Movie— Words & Pictures</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Pickleball Demo 1:30 Line Dancing (<u>Double classroom</u>)</p>	<p>7 Election Day Classes in Bold Cancelled Walking (3 mile) Walking (2 mile) Needlework</p> <p>8:30 Strength Tr. 9:30 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg *10:30 Chair Exercise *12:00 Lunch 1-3:45 Bridge 1:00 Acrylic</p> 	<p>8 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>9 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 Mile) 10:00 French Group 10:30 Ballroom Dancing 11:30 Int'l Ballroom cancelled 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (new session) 3:00-3:45 Zumba</p>	<p>10</p> <p>Senior Center Closed Veterans Day</p> 
<p>13 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:00 FOWWSC Meeting 11:00 Adv. Balance Class Cancelled 12:00 Yoga 1:00 <i>Movie— Dressmaker</i> 1:00 H.O.P.E 1:00 Thrive 1:00 Hearing Screening 1:30 Line Dancing (double room) 1:00 Acrylic Class (last session)</p>	<p>14 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework *10:30 Chair Exercise 12:30 Thanksgiving Luncheon</p>  <p>1-3:45 Bridge 1:00 Acrylic Cancelled</p>	<p>15 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 9:30, 10:45, 12:00 S.H.I.P Counselor 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>16 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:30 Ballroom Dancing 11:30 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>17 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:00 Gerd Lecture 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:00 Opera</p>
<p>20 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance Class 12:00 Lunch 1:00 <i>Movie— An Old Fashioned Thanksgiving</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>21 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework *10:30 Chair Exercise *12:00 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p>	<p>22 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>23 Senior Center Closed Happy Thanksgiving</p> 	<p>24 Senior Center Closed</p> 
<p>27 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2mile) 10:30 WW Retirees 11:00 Adv. Balance Class cancelled 12:00 Yoga Class 1:00 <i>Movie— The Zookeeper's Wife</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>28 8:30 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30 Yoga 10:00 Spanish 10:00 Chinese Mah Jongg 10:00 Needlework *10:30 Chair Exercise *12:00 Lunch 1-3:45 Bridge 1:00 Acrylic 2:00 Talking About Books</p>	<p>29 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 9:30 Glucose Screening S.H.I.P Counselor 9:30, 10:45, 12:00 10:00 Creative Writing 10:30-12:30 Experiencing America 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>30 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba (last session)</p> <p style="text-align: right;">TRIP</p>	

