

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking ( 2mile) 9:30-10:15 Yoga 10:00 Chinese MahJongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p> <p>Trip Sign Up</p>	<p>2 8:30 Walking (3mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing <b>Medicare Open Enrollment (10-12)</b> 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>3 8:15-9:15 Strength Tr <b>9:00 Blood Glucose Screening</b> 9:15-10:15 Yoga 9:30 Walking ( 3mile) 10:30 Walking (2mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group <b>2:00 Balance</b> 3:00-3:45 Zumba</p>	<p>4 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise <b>12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease</p>
<p>7 8:15 Walking (3 mile) 8:15-9:00 Body Form &amp; Fitness* 9:00 Chair Yoga 9:15 Walking (2 mile)* <b>10:30 Art Watercolor</b> 1:00 <i>Movie-The American President</i> 1:00 H.O.P.E Trip Sign Up 1:00 Thrive 1:30 Line Dancing <b>3:00 Stretching Class</b></p>	<p>8 8:30-9:15 Strength Tr. 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>  <p><b>ELECTION DAY</b></p> <p><b>All walking classes, Needlework, and Acrylic classes are canceled</b></p>	<p>9 8:30 Walking (3mile) 8:30 Body Form &amp; Fitness 9:30 Yoga <b>9:30 &amp; 10:45 S.H.I.P</b> 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>10 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking ( 3mile) 10:30 Walking (2mile) <b>10:00 Tech Help</b> 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group <b>2:00 Balance Class</b> 3:00-3:45 Zumba <b>TRIP Hindu Temple</b></p>	<p>11</p>  <p><b>VETERANS DAY SENIOR CENTER CLOSED</b></p> 
<p>14 8:15 Walking (3 mile) 8:15-9:00 Body Form &amp; Fitness* 9:00 Chair Yoga 9:15 Walking (2 mile)* 1:00 <i>Movie-Midnight in Paris</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing <b>3:00 Stretching Class</b></p>	<p>15 8:30-9:15 Strength Tr. 8:30 Walking(3mile) 9:15 Walking ( 2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 1-3:45 Bridge 1:00 Acrylic</p>	<p>16 8:30 Walking (3mile) 8:30 Body Form &amp; Fitness 9:30 Yoga <b>9:30 &amp; 10:45 S.H.I.P</b> 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>17 8:15-9:15 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) <b>10:00 Tech Help</b> 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group <b>2:00 Balance Class</b> 3:00-3:45 Zumba (last session)</p> <p><b>No Bus Service</b></p>	<p>18 8:15 Tai Chi 8:15-9:00 Strength Tr. 9:15-10:00 Yoga 9-12 Billiards 9:15 Chinese Hour 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise <b>12:00 B/P Screening</b> 12:30 Lunch 12:30 Delay the Disease <b>1:00 Opera</b></p> <p><b>No Bus Service</b></p>
<p>21 8:15 Walking (3 mile) 8:15-9:00 Body Form &amp; Fitness* 9:00 Chair Yoga 9:15 Walking (2 mile)* <b>10:00 Glucose &amp; B/P Screening</b> <b>10:30 Art Watercolor</b> <i>1:00 Movie-It Could Happen to You</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing <b>3:00 Stretching Class</b></p>	<p>22 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch <b>1:00 Thanksgiving Luncheon</b> 1:00 Acrylic <b>Bridge Games Canceled</b></p> 	<p>23 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch &amp; Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jong</p>	<p>24</p> <p><b>THANKSGIVING DAY SENIOR CENTER CLOSED</b></p> 	<p>25</p> <p><b>SENIOR CENTER CLOSED</b></p> 
<p>28 8:15 Walking (3 mile) 8:15-9:00 Body Form &amp; Fitness* 9:00 Chair Yoga 9:15 Walking ( 2 mile)* <b>11:00 Meals on Wheels Information session</b> <i>1:00 Movie-Forrest Gump</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>29 8:30-9:15 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last Session) <b>2:00 Talking About Books</b></p>	<p>30 8:30 Walking (3 mile) 8:30 Body Form &amp; Fitness 9:30 Yoga <b>9:30 &amp; 10:45 S.H.I.P</b> 9:45 Creative Writing <b>10:00 Maintaining Your Health as You Age</b> 10:45 Chair Stretch &amp; Tone <b>11:30 Craft Class</b> 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jong</p>	<p><i>Thankful</i></p> 	