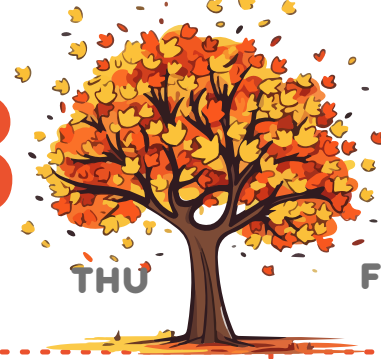


NOVEMBER 2023



SUN

MON





TUE

WED

THU

FRI

SAT

			1 RENT DUE CHAIR YOGA 11:15	2 YOGA 11:15 THIRSTY THURSDAY 4-5:30	3 FUNCTIONAL FITNESS 10 POTLUCK DINNER & BINGO 5:30 	4 COFFEE TALK 9AM SET YOUR CLOCKS BACK 1 HOUR 
5 RENT LATE SUNDAY SING-A-LONG HOUR 2-3pm LINE DANCING 6PM	6 **CHAIR YOGA 10:30 SEEDS OF HOPE 12	7 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	8 CHAIR YOGA 11:15	9 YOGA 11:15 THIRSTY THURSDAY 4-5:30	10 FUNCTIONAL FITNESS 10 BOOK CLUB 11AM	11 COFFEE TALK 9AM
12 LINE DANCING 6PM	13 CHAIR YOGA 11:15	14 *****MEN'S BREAKFAST AROUND THE CORNER 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	15 CHAIR YOGA 11:15	16 OFFICE CLOSED TILL 2PM VOLUNTEER AT FOOD BANK YOGA 11:15 THIRSTY THURSDAY 4-5:30	17 FUNCTIONAL FITNESS 10 THANKFUL LASAGNE LOVE 5-7pm 	18 COFFEE TALK 9AM
19 SUNDAY SING-A-LONG HOUR 2-3pm LINE DANCING 6PM	20 CHAIR YOGA 11:15	21 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	22 CHAIR YOGA 11:15	23 OFFICE CLOSED FOR THANKSGIVING 	24 OFFICE CLOSED FUNCTIONAL FITNESS 10	25 COFFEE TALK 9AM
26 LINE DANCING 6PM	27 CHAIR YOGA 11:15	28 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	29 CHAIR YOGA 11:15	30 YOGA 11:15 THIRSTY THURSDAY 4-5:30		

**PLEASE NOTE CHANGES THIS MONTH TO SCHEDULE.