



# NOVEMBER 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi	2 9:00 Coffee & Donuts 12:30 Pinochle Party 
3 Set clock back 1 hour 	4 10:00 Exercise 1:00 Bible Study 6:00 Bingo 	5 9:00 Massage by Appointments 10:00 Zumba 2:00 Rev Jason Stokes- Notre Dame RC	6 10:00 Exercise 1:00 Computer Class 1:00 A Matter of Bal <b>2:30 Speaker- Alzheimers/Dementia</b>	7 10:00 Health Fair 	8 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest Food Delivery 12:30 Tai Chi	9
10 2:00 Yarns Around	11 10:00 Exercise 1:00 Bible Study 1:30 Committee Mtg 6:00 Bingo	12 10:00 Zumba 2:00 General Meeting	13 10:00 Exercise 1:00 A Matter of Balance (7th)	14 10:00 Chat Room 2:00 Rev Tony Pompa- Church of Nativity	15 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	16 11:00 Soup & Hot Dogs 
17 2:00 Yarns Around 	18 10:00 Exercise 1:00 Bible Study <b>2:00 Speaker- Physical Therapy</b> 6:00 Bingo	19 10:00 Zumba <b>2:00 Speaker- Paint to the Sounds of Music</b>	20 10:00 Exercise 1:00 A Matter of Balance (8th)	21 10:00 Chat Room (Harvest Home) 2:00 Rev Werner Koch, St Stephen Lutheran	22 9:00 Walkers Club 10:00 Yoga 12:30 Tai Chi 5:30 Wii Bowling	23
24 5:00 Pizza Party 	25 10:00 Exercise 11:00 Therapy Dog 1:00 Bible Study <b>2:00 Speaker -Holiday Blues</b>	26 10:00 Zumba 	27 10:00 Exercise <b>EXERCISE CLASS</b> 	28 10:00 Worship <b>HAPPY THANKSGIVING</b> 	29 	30