

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 Van trip Paper Drop off 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 3:00 Candy/IceCream	3 9:30 VOTE 10:00 Joyful Joints (98) 11:00 Yoga (98) 11:30 VOTE 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 5:00 VOTE	4 10:00 Shopping CVS 10:00 Fit For Life(98) 12:00 Post Office/ Shopping at Dollar Tree 12:30 Bible Study(98) 2:15 BINGO	5 9:30 Shopping at GIANT 10:00 Joyful Joints (98) 10:00 Chat Room 12:30 Second Harvest Food Bank 2:00 Church Spanish (98) 6:00 Blood Pressure Checks	6 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Phar Lap	7 10:00 Shopping at Dollar Tree 1:00 Shopping at Dollar Tree
8	9 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	10 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98)	11 10:00 Fit For Life(98) 11:00 SPEAKER: Lung Health 12:30 Bible Study(98) 2:00 Pastor movie: Chariots of Fire 3:00 Candy/IceCream	12 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	13 7:00-10:00 Lounge Closed for cleaning 9:30 Shopping at TARGET 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Wonder Woman	14
15	16 9:30 Shopping at PRICE RITE 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:30 BINGO	17 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98)	18 9:00 Shopping at WALMART 10:00 Fit For Life(98) 11:00 Speaker: Diabetes Awareness 12:30 Bible Study(98) 1:00 Shopping at WALMART 3:00 Candy/IceCream	19 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	20 10:00 Tai Chi (98) 11:00 Yoga (98)	21
22	23 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: Instant Family 2:00 Pneumonia Clinic-Walgreens	24 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98)	25 9:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:30 Thanksgiving Dinner 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie: An Old Fashioned Thanksgiving 3:00 Candy/IceCream	26 10:00 Church (98) OFFICE CLOSED Happy  Thanksgiving	27 OFFICE CLOSED	28
29	30 9:30 Shopping at WEGMANS 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: The Secret: Dare To Dream	<h1>November</h1> 				Fitness Van Trips Resident Association Religious Lutheran Manor Holidays/Observances / Other