







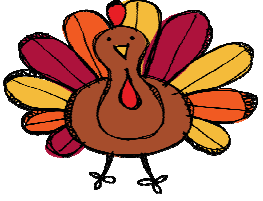





# NOVEMBER 2017



EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
9:30 Chair Exercise/ Bridge 10:00 Walking Group or Computer Class 10:00 & 11:00 Young at Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards/ Dominos 1:00 Line Dance	9:00 Low Impact Aerobics 10:00 Crafts 11:00 Arthritis Exercise 12:00 Soup & Sandwich \$3 Contribution 12:30 Scrabble 2:00 Balance Exercise	9:30 Chair Exercise 10:00 Walking Group 10:00 and 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 1:00 Euchre/Gametime Billards	9:00 Low Impact Aerobics 10:00 Yoga 11:00 Core-Aid 12:00 Lunch 1:00 Mahjong 2:00 Balance Senior Club Activities	9:00 Table Tennis 9:30 Chair Exercise 10:00 Walking Group 10:00 & 11:00 Young At Heart Fitness 12:00 Lunch \$3 Contribution 12:30 Cards / Dominos 1:00 Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>We made it to Colorado!!</i> <i>Wrap up lunch 11/14</i>  Check us out on Facebook		1  <b>Monthly Birthday by Brookdale</b> 11:00 Archery 11:30 Hen. Public Library <b>Gametime:</b> Scategories/Categories	2 	3 <b>Keep Steppin!</b>
6 <b>Trip: Strong Museum</b> 12:30 Ipad/tablet help w/Laura -HPL	7 <b>Crafts:Napkin rings</b> 12:30 <i>SCRABBLE</i> 2-Balance Exercise	8 11:30 Fairview at Town Center apartments. <b>Gametime:Wikipedia</b> 1:30 ChiGong	9 <b>Trip: Breakfast w/ the Boys</b> 1- Mahjong 2-Balance Exercise	10 <b>10-Walk the Park</b> 1- Bid Euchre <b>Line Dance w/ Will</b>
13 <b>Computer Instruction</b> Wegmans Shopping 1- Zumba	14 <b>CP Readers Crafts: Thanksgiving cards</b> <b>WALKTOBER lunch</b> 12:30 <i>SCRABBLE</i> 1-PiYo 2-Balance Exercise	15 11:30 Elder Law-Freedom,Family & Finances <b>Gametime: Who Am I?</b> 1- Billards	16  <b>Club Dinner &amp; Meeting &amp; Bingo Call Carol</b> 444-0159 1- Mahjong 2- Balance	17  <b>Thanksgiving Lunch w/ entertainment by Standard Time.</b>
20 <b>Computer Instruction</b>  10- Art w/ Elaine 11:30 Grove of Grace-poetry & book signing by Evelyn Shoots Line Dance w/ Bob <b>Walmart Shopping</b>	21 <b>Hike: Ballantyne Crafts: Jewelry</b> 12:30 <i>SCRABBLE</i> 2-Balance Exercise	22 <b>10-Walking Group No Gametime</b> Movie & Popcorn: "Anchorman" starring Will Ferrell	23 	24 <b>Center Closed</b> 
27  10- Art w/ Elaine <b>Trip: Batavia Downs</b> 1:00 Book Club <b>Wegmans Shopping</b>	28 <b>Crafts: Holiday</b> 12:30 <i>SCRABBLE</i> 1-PiYo 2-Balance Exercise	29 <b>Eldersource-Brittany</b> <b>Gametime: Who wants to be a millionaire?</b> <b>Euchre T'ment</b>	30 <b>Pancake Breakfast w/ Santa &amp; Mrs. Claus</b> <b>Sunday, Dec. 3<sup>rd</sup>.</b> 