

November 2024

Mon	Tue	Wed	Thu	Fri
				1 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
4 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 10:00 Massages 12:00 Bridge	5 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:30 Card Making 12:30 Bingo 1:00 Line Dancing	6 9-12 Medicare Counseling 10:00 Decorative Painting 12:00 Bridge	7 8:15 Senior Aerobics 9:00 Men's Fitness 11:00 Ukulele Class 1:00 Computer Help 1:00 Paper Crafting	8 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge
11 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping Frank & Beans will perform at Lunch 12:00 Bridge	12 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:00 Foot Care Clinic 12:30 Bingo 1:00 Line Dancing	13 9:00 Ogden Quilt Guild 10:00 Decorative Painting 10:00 Zumba Gold 12:00 Bridge	14 8:15 Senior Aerobics 9:00 Roy Pioneer Quilter's 9:00 Men's Fitness 10:00 Massages 11:00 Ukulele Class 1:00 Computer Help 1:00 Paper Crafting	15 9:00 Tai Chi 10:00 Meditation 9:00 & 10:00 Yoga 10:00 Stained Glass 12:00 Bridge <u>ENSURE PICKUP</u>
18 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	19 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary 9:30 Card Making 12:30 Bingo 1:00 Line Dancing	20 10:00 Decorative Painting 12:00 Bridge 12:30 Spanish Bingo- Health Dept.	21 8:15 Senior Aerobics 9:00 Men's Fitness 1:00 Computer Help 1:00 Paper Crafting	22 9:00 Tai Chi 10:00 Meditation 10:00 Stained Glass 12:00 Bridge <u>Thanksgiving Lunch</u>
25 9:30 Sewing Room 10:00 Enhance Fitness 10:00 Wire Wrapping 12:00 Bridge	26 8:15 Senior Aerobics 9:00 & 10:00 Yoga 9:00 Men's Fitness 9:00 Lapidary Robin Arnold will perform at Lunch 12:30 Bingo 1:00 Line Dancing	27 10:00 Decorative Painting 12:00 Bridge	28 <u>CLOSED</u> Happy Thanksgiving	29 <u>CLOSED</u>