


Monday	Tuesday	Wednesday	Thursday	Friday
<h1>November 2017</h1>		<p>8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Osteoporosis Seminar 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>9:00 Crocheting & Knitting Class 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 2:00 "It's Your Money" Series (8 of 8) 4:30 Karaoke Up! 5:15 Spectacles Improv Showcase</p>	<p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Megan Leavy" 5:30 Table Tennis</p>
<p>8:00 Walking Group 8:30 Korean Dance 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:30 & 12:30 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Support 1:00 Ballroom Class 1:00 Caring Companions 7:00 Alzheimer's Caregiver Support Group</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health Class 9:00 Staying Mentally Sharp 9:30 Beginner's Bridge Class 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Ronald Reagan Library Trip 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p> <p style="text-align: center;"><i>No Our World today.</i></p>	<p>9:00 Crocheting & Knitting Class 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:00 SeniorServ Veteran's Day Celebration 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 12:15 Legal Aid</p>	<p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 10:00 Korean Parkinson's Support Group 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 & 5:30 Table Tennis</p> <p style="text-align: center;"><i>No Lunch Program today. No LEAP Fitness Classes today. No Movie today.</i></p>
<p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 1:00 Ballroom Dance Class 6:30 Medicare Essentials Seminar</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 9:00 Staying Mentally Sharp 9:30 Beginner's Bridge Class 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 12:45 Staying Healthy Through the Holidays 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Birthdays 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>9:00 Crocheting & Knitting Class 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 1:00 Senior Club Board Meeting</p>	<p>8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Blood Pressure Checks 10:00 Photography & More 10:30 Thanksgiving Day Luncheon 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 & 5:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny</p> <p style="text-align: center;"><i>No Movie today.</i></p>
<p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:00 & 12:30 Medicare Counseling -HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Ballroom Class 1:00 VITAS Bereavement Support Group</p>	<p>9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 9:00 Staying Mentally Sharp 9:30 Beginner's Bridge Class 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 12:30 Staying Healthy Through the Holidays 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p> <p style="text-align: center;"><i>No Gentle Yoga & Pilates today.</i></p>	<p>Center Closed for Thanksgiving Day Holiday</p>	
<p>Same as Monday, November 20 except: Add: CTAP Telephone Services Delete: Medicare Counseling - HICAP</p>	<p>Same as Tuesday, November 21.</p>	<p>Same as Wednesday, November 22 except: Add: Gentle Yoga & Pilates Delete: SeniorServ Bingo Our World</p>	<p>Same as Thursday, November 16 except: Delete: Senior Club Board Meeting Senior Grocery Program</p>	