

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	31 10:00 Chair Cardio 11:00 Chair V-ball	1 10:30 Pick-your-Craft 12:30 Come learn to play CHICKEN FOOT w/Tom	2 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 12:00 Bridge 1:00 Hand & Foot 1:30 Euchre	3 1:00 BINGO MONEY DUE for 11/10 lunch TLC Catering (\$5/per person)	4
5 <i>DayLight Savings Time ENDS - FALL Back</i>	6 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	7 ELECTION DAY <i>No activities</i>	8 10:30 Pick-your-Craft	9 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 1:00 Hand & Foot 1:30 Euchre	10 11:30 Lunch TLC Catering Veterans Day Program 1:30 BINGO	11
12	13 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	14 9:30 Advisory Mtg 10:00 Chair Cardio 11:00 Chair V-ball 11:00 Book Club	15 9:45 Basket Class \$60 - Sleigh Centerpiece 10:30 Pick-your-Craft	16 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 12:00 Bridge 1:00 Hand & Foot 1:30 Euchre	17 1:00 BINGO	18
19	20 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	21 10:00 Chair Cardio 11:00 Chair V-ball	22 10:30 Pick-your-Craft <i>(NO card making)</i>	23 CLOSED THANKSGIVING	24 CLOSED	25
26	27 10:30 Barre 11:30 Chair Yoga 1:30 Euchre	28 10:00 Chair Cardio 11:00 Chair V-ball	29 10:30 Pick-your-Craft	30 10:00 Chair Cardio 11:00 Chair V-ball 12:00 Sing-a-Long 1:00 Hand & Foot 1:30 Euchre	1 1:00 BINGO	2