

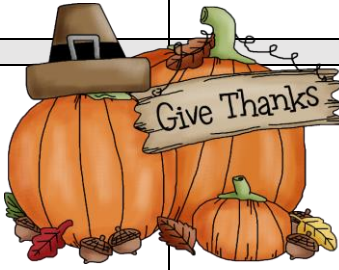


Calendar of Activities - November 2021

Monday - November 1	Tuesday - November 2	Wednesday - November 3	Thursday - November 4	Friday - Friday 5
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 10-11:15 Top Dollar Music 11:15a-12:00p Chili and Cornbread 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 1-5p Line Dance 3-4p Yoga with John 10:15-11:15a Trad'l Ex with Don 9:00-10:00a Yoga with Don	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Drop in Art 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - November 8	Tuesday - November 9	Wednesday - November 10	Thursday - November 11	Friday - November 12
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	Veteran's Day Holiday OFFICE IS CLOSED 	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Floral Craft Project 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - November 15	Tuesday - November 16	Wednesday - November 17	Thursday - November 18	Friday - November 19
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 4-5p Tai Chi with Bill	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10am Acrylic Painting 9:00-12n Jolly Times 10-11a Zumba! with Mary (Rec Center) 12:30-3:30p Mexican Train 10:15-11:15a Trad'l Ex with Don 9:00-10:00a Yoga with Don 1-5p Line Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 9:30-12:30 Paul Mitchell Haircuts 9-10a Strengthen Exercise 10-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10-12p Crochet / Knitting Group 12:00-3:30p Bridge 1:00-3:30p Hand & Foot 1-5p Line Dance / 5-7p Ballroom Dance 7:30-10p Western Dance
Monday - November 22	Tuesday - November 23	Wednesday - November 24	Thursday - November 25	Friday - November 26
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)	6-7a Fast Fitness w/Beth (Rec Center) 9-10a Strengthen Exercise 9-11:30a Crafters 10:15-11:15a Traditional Exercise 1:00-4:00p Drop In Art 1:00-2:00 Team Sideline Training 4-5p Tai Chi with Bill	THANKSGIVING DAY! 12:00pm Thanksgiving lunch served to all ages who want to gather for a meal and good company OFFICE IS CLOSED	OFFICE IS CLOSED 
Monday - November 29	Tuesday - November 30			
6-7a Fast Fitness w/Beth (Rec Center) 8-11:30a Drop In Art 9-10a Strengthen Exercise 9-11a Bunco 10-12p Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11-12p Book Club 12:30-3:30p Mah-Jong 1-5p Line Dance / 7-9p Couples Dance 3-4p Yoga with John	6-7a Fast Fitness w/Beth (Rec Center) 8:00-10:00am Decorative Card Crafting 10-11a Peer Support Group 10-11a Bingo 10-11a Zumba! with Mary (Rec Center) 12-3:30p Bridge/Hand&Foot 1-4p Drop in Art 1-5p Line Dance 1:30-2:30 Trad'l Ex with Don (Rec Ctr) 2:30-3:30 Yoga with Don (Rec Ctr)			