

November 2021



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--------------------------|---|
| 31 SUPPORT WHAT YOU LOVE - | 1 9:45 Chair Yoga | 2 10 Fitness & Balance | 3 10:30 BINGO 9:45 YOGA | 4 10 Fitness & Balance | 5 9:45 Chair Yoga | 6  |
| 7 DRINKS .25C LUNCH \$2.00 | 8 9:45 Chair Yoga | 9 10 Fitness & Balance | 10 10:30 BINGO 9:45 YOGA | 11 VETERENS' DAY CLOSED | 12 9:45 Chair Yoga | 13  |
| 14 Apple country | 15 9:45 Chair Yoga | 16 10 Fitness & Balance AUCTION | 17 10:30 BINGO 9:45 YOGA | 18 10 Fitness & Balance | 19 9:45 Chair Yoga | |
| 21 RIDES? Call 698-8571 | 22 9:45 Chair Yoga | 23 10 Fitness & Balance | 24 10:30 BINGO 9:45 YOGA | 25  | 26 | 27 CLOSED Th/Fr |
| 28  <small>This Photo by</small> | 29 10:45 Music w/Lyn 9:45 YOGA  | 30 10 Fitness & Balance | 1  | | 3 | 4 |
| 6 Notes | | | | | | |
| OPEN M-F 9:30 for coffee, games and social time. Lunch daily 11. Call Kat 692-3320 | | | | | | Questions? |