



# November Activity Calendar



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>2</b><br>8 am Billiard Wkshop<br>9:30am Blood pressure<br>10 am <b>NO EXERCISE</b><br>11 am Embroidery<br>12:30 pm Adv. Bridge   | <b>3</b><br>8 am Walking<br>9 am Acrylic Painting \$<br>10 am Exercise \$<br>10:30 am Guitar \$<br>11:30 am Spanish\$<br>12 pm Windsong<br>1 pm Dup. Bridge | <b>4</b><br>9 am Quilters<br>9:30 am Blood pressure<br>10 am Exercise \$<br>12:15 pm Beg Bridge Lesson<br>2 pm Music Mania<br>2 pm Line Dance                     | <b>5</b><br>8 am Walking<br>8:30 am Tai Chi \$<br>9:30 am Falun Dafa<br>10 am Exercise \$<br>12 pm Adv. Bridge<br>1 pm Computer Class\$<br>1 pm Beg Art<br>4 pm Hula \$   | <b>6</b><br>8:30 am Yoga \$<br>10 am Exercise \$<br>10 am Computer class\$<br>1 pm Craft n Chat<br>1 pm Hand & Foot<br>1 pm Popcorn/Movie<br>1 pm Chess  |
| <b>9</b><br>8 am Billiard Wkshop<br>9:30am Blood pressure<br>10 am Exercise\$<br>12:30 pm Adv. Bridge<br>1 pm Ukulele               | <b>10</b><br>8 am Walking<br>10 am Exercise \$<br>10:30 am Guitar \$<br>11:30 am Spanish\$<br>12 pm Windsong<br>1 pm Dup. Bridge                            | <b>11</b><br><br><b>CLOSED</b>  | <b>12</b><br>8 am Walking<br>8:30 am Tai Chi \$<br>9:30 am Falun Dafa<br>10 am Exercise \$<br>12 pm Adv. Bridge<br>1 pm Computer Class \$<br>1 pm Beg Art<br>4 pm Hula \$ | <b>13</b><br>8:30 am Yoga \$<br>10 am Exercise \$<br>10 am Computer class\$<br>1 pm Craft n Chat<br>1 pm Hand & Foot<br>1 pm Popcorn/Movie<br>1 pm Chess |
| <b>16</b><br>8 am Billiard Wkshop<br>9:30am Blood pressure<br>10 am Exercise\$<br>12:30 pm Adv. Bridge<br>12:45 pm Cooking Class \$ | <b>17</b><br>8 am Walking<br>9 am Acrylic Painting \$<br>10 am Exercise \$<br>12 pm Windsong<br>1 pm Dup. Bridge  | <b>18</b><br>9 am Quilters<br>9:30 am Blood pressure<br>10 am Exercise \$<br>12:15 pm Beg Bridge Lesson<br>12 pm Book Club<br>2 pm Music Mania<br>2 pm Line Dance | <b>19</b><br>8 am Walking<br>8:30 am Tai Chi \$<br>9:30 am Falun Dafa<br>10 am Exercise \$<br>12 pm Adv. Bridge<br>1 pm Computer Class \$<br>1 pm Beg Art<br>4 pm Hula \$ | <b>20</b><br>8:30 am Yoga \$<br>10 am Exercise \$<br>10 am Computer class\$<br>1 pm Craft n Chat<br>1 pm Hand & Foot<br>1 pm Popcorn/Movie<br>1 pm Chess |
| <b>23</b><br>8 am Billiard Wkshop<br>9:30am Blood pressure<br>10 am Exercise\$<br>12:30 pm Adv. Bridge<br>1 pm Ukulele              | <b>24</b><br>8 am Walking<br>10 am Exercise \$<br>12 pm Windsong<br>1 pm Dup. Bridge  | <b>25</b><br>9 am Quilters<br>9:30 am Blood pressure<br>10 am Exercise \$<br>12:15 pm Beg Bridge Lesson<br>2 pm Music Mania<br>2 pm Line Dance                    | <b>26</b><br><br><b>CLOSED</b>  | <b>27</b><br><br><b>CLOSED</b>   |
| <b>30</b><br>8 am Billiard Wkshop<br>9:30am Blood pressure<br>10 am Exercise\$<br>12:30 pm Adv. Bridge                              |   |   | <b>Important information</b><br>* Sign up required<br>\$Cost associated &<br>pre- registration<br><br>Dates and times may<br>be subject to change.                        | Lunch served each<br>day at 11:30 am.<br>Pre-registration<br>is required<br>Call 951-461-6123<br>for reservations<br>24 hours in advance.                |