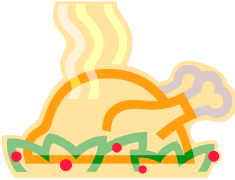



# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Strong Women 8:30 Yoga 9:30 Program Meeting 9:00 Gentle Yoga 10:30 Lunch 11:30 Bingo 12:30  Strong Women 6:30	<b>2</b> Ball & Band 8:30 Chair Exercises 10:30 Dominoes/Cards 10:30 Lunch 11:30 Grocery Shopping 12:30 Beginning Quilting 1:00 Zumba 6:00 Yoga 7:00	<b>3</b> Low Vision Group 10:30 Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Strong Women 6:30	<b>4</b> Strong Women 8:30 Chair Exercise 10:30 Cards 10:30 Lunch 11:30	<b>5</b> Irish Dance Classes 9:00am
<b>6</b>	<b>7</b> Ball & Band 8:30 Chair Exercises 10:30 Stamping Card Group 10:00 Cribbage 10:30 Lunch 11:30 Knitting 1:00 Yoga 5:15 Zumba 6:00	<b>8</b> Strong Women 8:30 Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Bingo 12:30 Woodchucks 3:00 Strong Women 6:30	<b>9</b> Ball & Band 8:30 Chair Exercises 10:30 Dominoes/Cards 10:30 Lunch 11:30 Grocery Shopping 12:30 Beginning Quilting 1:00 Zumba 6:00 Yoga 7:00	<b>10</b> Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Strong Women 6:30 Christmas Card Stamping Workshop 6:00	<b>11</b> Strong Women 8:30 Chair Exercise 10:30 Cards 10:30 Lunch 11:30  Cars 2 The Movie 6:00	<b>12</b> Caregivers Support Group 9:30-11:00am  Irish Dance Classes 9:00am
<b>13</b>	<b>14</b> Ball & Band 8:30 Chair Exercises 10:30 Cribbage 10:30 Lunch 11:30 Knitting 1:00 Zumba 6:00 Yoga 5:15	<b>15</b> Strong Women 8:30 Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Bingo 12:30  Strong Women 6:30	<b>16</b> Foot Clinic 8:30-11:00 Ball & Band 8:30 Chair Exercises 10:30 Dominoes/Cards 10:30 Lunch 11:30 Grocery Shopping 12:30 Beginning Quilting 1:00 Zumba & Yoga 6:00/7:00 Bunco Night 6:30	<b>17</b> Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Strong Women 6:30	<b>18</b> Strong Women 8:30 Chair Exercise 10:30 Cards 10:30 Lunch 11:30	<b>19</b> Youth Hobby Workshop 9:00am-2:00pm  Irish Dance Classes 9:00am
<b>20</b>	<b>21</b> Ball & Band 8:30 Chair Exercises 10:30 Cribbage 10:30 Lunch 11:30 Knitting 1:00 Zumba 6:00 Yoga 5:15	<b>22</b> Strong Women 8:30 Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Bingo 12:30  Strong Women 6:30	<b>23</b> Ball & Band 8:30 Chair Exercises 10:30 Dominoes/Cards 10:30 Lunch 11:30 Grocery Shopping 12:30 Beginning Quilting 1:00 Zumba 6:00 Yoga 7:00	<b>24</b> Happy Thanksgiving  	<b>25</b> No Meals Served	<b>26</b>
<b>27</b>	<b>28</b> Ball & Band 8:30 Chair Exercises 10:30 Cribbage 10:30 Lunch 11:30 Knitting 1:00  Zumba 6:00 Yoga 5:15	<b>29</b> Strong Women 8:30 Yoga 9:30 Gentle Yoga 10:30 Lunch 11:30 Bingo 12:30  Strong Women 6:30	<b>30</b> Ball & Band 8:30 Chair Exercises 10:30 Dominoes/Cards 10:30 Lunch 11:30 Grocery Shopping 12:30  Beginning Quilting 1:00 Zumba 6:00 Yoga 7:00	 <hr/> <b>FAMILY DENTAL AND TMJ CLINIC, LLC</b>		