

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 TOPS 10:00 Basic Photo Editing Class 10:30 Chair Fitness 11:00 Rock Co. Church Appreciation Lunch 12:30 Bunco 12:30 Grocery Shopping	2 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 10:30 Low Vision Group 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Genealogy Group 6:00 Intro to Medicare 6:30 TOPS	3 9:00 Strong Women 10:30 Chair Fitness
6 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group 6:00 Watercolor Class	7 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:00 Bridge & Other Games 5:30 Weight Watchers 6:00 Drawing/Painting Class	8 8:30 TOPS 9:00 AARP Driving Course 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping 1:00 Genealogy Group	9 8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	10 9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness
13 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	14 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers 6:00 Drawing/Painting Class	15 8:30 Foot Clinic 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	16 8:00 Yoga 1 9:15 Mind Body Yoga 9:30 Senior Services Meeting 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	17 9:00 Strong Women 10:00 Creekside Café 9:00 Chair Fitness
20 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group 6:00 Watercolor Class 6:30 BEER SCHOOL	21 8:00 Yoga 1 9:00 Energy Services 9:00 Men's Coffee 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers 6:00 Drawing/Painting Class	22 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	23 	24 
27 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	28 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Benefit Specialist 11:30 Rock Co. Lunch 12:30 Bingo/ Ice Cream Social 5:30 Weight Watchers 6:00 Drawing/Painting Class	29 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	30 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 5:30 Artist's Reception 6:30 TOPS	