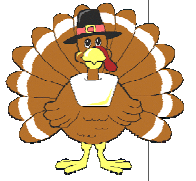
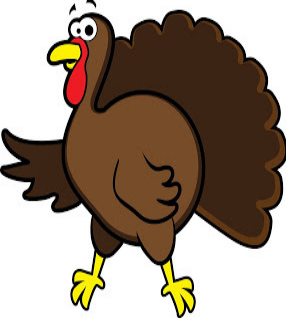



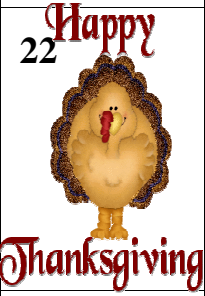




November



2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Van trips to Stop and Shop each Tuesday. Wal Mart by arrangement with the driver.				1 9:00 Walking Group, 9:30 Tai Chi 11:15 Balance 5:00 Weight Watchers	2 10:00 Book discussion group meets at Milne Library 9:00 Yoga 1:00 Bingo	3
4 	5 9:00 Yoga, 10:30 Exercise 1:00 Tai Chi 2:30 Balance	6 9:00 Oil Painting 10:30 CCC	7 9:00 Yoga 10:30 Exercise 1:00 Bridge	8 9:00 Walking, Tai Chi 11:15 Balance 1:00 Ice Cream 5:00 WWatch	9 9:00 Yoga 10:30 Exercise, 1:00 Bingo	10 
11	12 	13 9:00 Oil Painting 11:30 Lunch; Ham and Cheese sandwiches 1:00 Bingo	14 9:00 Yoga 10:30 Exercise 1:00 Bridge	15 9:00 Walking, Tai Chi 11:00 Lee Jaggi 11:15 Balance 5:00 WWatch	16 9:00 Yoga 10:30 Exercise 11:30 Proxies 12:00 Luncheon 1:00 Choke save/AED	17
18	19 9:00 Yoga, 10:30 Exercise 1:00 Tai Chi 2:30 Balance	20 9:00 Oil Painting Foot care. 10:30 CCC 1:00 Movie TBA	21 9:00 Yoga 10:30 Exercise 1:00 Bridge	22 	23 Harper Center Closed Municipal Holiday	24
25	26 9:00 Yoga 10:30 Exercise 1:00 Tai Chi, 2:30 Balance	27 9:00 Oil Painting 12:00 Grilled Cheese sandwiches 1:00 Bingo 2:00 BP Clinic	29 9:00 Yoga 10:30 Exercise 1:00 Bridge	29 9:00 Walker 9:30 Tai Chi 11:15 Balance 5:00 WWatch	30 9:00 Yoga 10:30 Exercise 12:00 Ravioli 1:00 NBSWD BROWN BAG	