



# NOVEMBER Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1			1	2
					9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	11:00 TV Yoga  3:00 Chair Volleyball
3	4	5	6	7	8	9
	11:00 Sittercize 2:00 Silver Wheels  6:30 Shuffleboard	10:00 Yoga 11:00 Balance 12:00 Doc Talk Holiday Mkt	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 11:00 Wellness Speaker Singing Bowls 1:00 Yoga 2:00 Line Dancing	9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard BDay	11:00 TV Yoga  3:00 Chair Volleyball
10	11	12	13	14	15	16
	11:00 Sittercize 2:00 Silver Wheels  6:30 Shuffleboard	10:00 Yoga 11:00 Balance 1:00 Aerobics 2:00 Darla Medicare Info	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 1:00 Yoga 2:00 Line dancing	9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 3:00 Wine Down/Karoke 6:30 Shuffleboard	11:00 Yoga TV  3:00 Chair Volleyball
17	18	19	20	21	22	23
	11:00 Sittercize 2:00 Silverwheels 3:00 Well Com Meet 6:30 Shuffleboard	10:00 Yoga 11:00 Nancy Nature 5 <sup>th</sup> FL 11:00 Balance 1:00 Aerobics	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	11:00 Yoga TV 3:00 Chair Volleyball
24	25	26	27	28	29	30
	11:00 Sittercize 2:00 Silver Wheels  6:30 Shuffleboard	10:00 Yoga 11:00 Balance 1:00 Aerobics 230 line dancing Chapel	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	<b>HAPPY THANKSGIVING</b> 10:00 Aerobics 2:00 Chair Volleyball	9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	11:00 Yoga TV  3:00 Chair Volleyball