

NOVEMBER 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Beth 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong 1:30 Better Breathers Support | 8:00 Billiards - <i>until 4 pm</i> 8:00 Haircuts Deb 8:30 Stan's Watercolor Class 8:45 Yoga 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> |
| 8 | 9 | 10 | 11 | 12 | 13 |
| 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 9:00 Roberta's Haircuts (By Appt.) 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 7:30 Diabetic Screening (FASTING) 8:30 Blood Pressure Screening 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 10:30 Widow/Widowers 12:30 Ping Pong 1:00 Setback & Cards | 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 12:45 Attorney Stillman 11:00 Cholesterol Screening 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> |
| 15 | 16 | 17 | 18 | 19 | 20 |
| 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 12:45 Dr. Shriver (Eye Care) 1:30 Intermediate Bridge 1:30 Cards 1:00 Phylis Bridge | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Senior Fitness 9:00 Hearing with Bob 12:45 Select Medical 1:00 Book Chat 1:00 Setback & Cards 1:00 Hand & Foot 1:00 Wii Games 1:30 Caregivers Support | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:00 Blood Pressure Screening 8:45 Basic Nutrition with Beth 8:45 Kathy's Senior Fitness 9:30 Chess 10:00 Needlecrafters 1:00 Cards 12:30 Ping Pong 1:30 Better Breathers Support | 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Yoga 12:45 Attorney Stillman 1:00 Mah Jongg 1:00 Pinochle, Setback & Cards 1:00 Wii Games 2:30 Tops Meeting | 8:00 Breakfast served until Noon 8:00 Billiards - <i>until 1 pm</i> 9:30 Stephanie Haircuts - By Appt. Craft Fair |
| 22 | 23 | 24 | 25 | 26 | 27 |
| 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Line Dancing 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge 1:00 Phylis Bridge | 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Cribbage 1:00 Hand & Foot 1:00 Setback & Cards 1:00 Wii Games | CLOSED Happy Thanksgiving | CLOSED | CLOSED |
| 29 | 30 | | | | |
| 8:00 Billiards - <i>until 4 pm</i> 8:45 Kathy's Stretch Class 10:00 Writers Group 12:30 Quilt Club 1:00 Cards 1:00 Computer Club 1:00 Healthy Steps | 7:45 Kathy's Weight Training 8:00 Billiards - <i>until 4 pm</i> 8:30 Stan's Watercolor Class 8:45 Kathy's Senior Fitness 9:00 Beading 12:30 Ping Pong 1:00 Cards 1:00 Intermediate Bridge | Classes are subject to change <u>without notice</u> Please call ahead to confirm Day and Time | | | |