

November

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Light Aerobics
4 FOOD SHARE <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10am Tai Chi 10:30 SyncoCize II Dance Fitness 10:30-11:30 Blood Pressure Clinic 12pm -2:30 Makeup For Mature Women Forum (MLR)	5 9am Walking Club 9:30 Bears Journey 12 CONGREGATE MEAL 11:00 Hearing 1:00 Coupons 1:00 Set Back VOTE	6 9:30 Light Aerobics 10:30 SyncoCize 12:30-4:00 Bridge 11am East Side Lunch Trip	7 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 12 CONGREGATE MEAL 12:30 Mah Jongg 1:00 Scrabble	8 9:30 Light Aerobics 10:30 Family History FUN with Ken Doney
11 THANK YOU VETERANS <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10am Tai Chi 10:30 SyncoCize II Dance Fitness HOLIDAY CLOSED	12 9:30 Bears Journey 9:00am BF CLYDE'S CIDER MILL & LUNCH @ MYSTIC DINER 9:30 Watercolor with Bivienne: 12 CONGREGATE MEAL 1:00 Coupons 1:00 Set Back	13 9:30 Light Aerobics 10:30 SyncoCize UR COMMUNITY CARES ICE CREAM SOCIAL I NFORMATIONAL	14 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 12 CONGREGATE MEAL 12:30 Mah Jongg 1:00 Scrabble PETER & THE STARTCATCHER @ ODDFELLOWS PLAY-HOUSE 6pm	15 9:30 Light Aerobics
18 FOOD SHARE <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10am Tai Chi 10:00 Crafting with Tracy 10:30 SyncoCize II Dance Fitness 12pm ASSISTED LIVING HOMECARE LUNCH & LEARN	19 9:30 Watercolor 9:30 Bears Journey 12 CONGREGATE MEAL 1:00 Coupons 1:00 Set Back	20 9:30 Light Aerobics 10:30 SyncoCize 11:00 Sr Advisory Board Meeting 12:30-4:00 Bridge 9-3 FOOT CLINIC	21 <u>Food Bank 9 -Noon</u> 10:00 Knit& Stitch 12 CONGREGATE MEAL 12:30 Mah Jongg 1:00 Scrabble 9-3 FOOT CLINIC 1-4 SHOPPING TRIP GBURY -TRADER JOE'S, STOP & SHOP, MICHAELS, T.J. MAXX	22 9:30 Light Aerobics 10AM Mah Jongg
25 <u>Food Bank 9 -Noon</u> 9:30 Light Aerobics 10am Tai Chi returns 10:30 SyncoCize II Dance Fitness	26 9:30 Watercolor 9:30 Bears Journey 12 CONGREGATE MEAL 1:00 Coupons 1:00 Set Back	27 9:30 Light Aerobics 10:30 SyncoCize 12:30-4:00 Bridge OKTOBERFEST 12pm Lynn T Music	28 CLOSED 	29 CLOSED