


NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack	9:45 Fun w/Fitness 10:45 WalMart 11:00 Snack 1:30 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack
						
4				5	6	7
9:45 Gentle Fitness 11:00 Snack 1:30 Craft 3:00 Snack 3:00 Church	9:45 Fun with Fitness 10:45 Safeway 11:00 Snack 1:30 Activity 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 2:00 Res Coun Mtg 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:15 Mike's Music 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack	9:45 Fun w/Fitness 10:45 WalMart 11:00 Snack 1:30 BINGO 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack
11	12	13	14	15	16	17
9:45 Gentle Fitness 11:00 Snack 1:30 Craft 3:00 Snack 3:00 Church	9:45 Gentle Fitness 10:45 Safeway 11:00 Snack 1:30 Dog Therapy 1:45 Activity 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack	9:45 Gentle Fitness 11:00 Snack 1:30 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack HAPPY BIRTHDAY RICHARD	9:45 Fun w/Fitness 10:45 WalMart 11:00 Snack 1:30 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack
18	19	20	21	22	23	24
9:45 Gentle Fitness 11:00 Snack 1:30 Craft 3:00 Snack 3:00 Snack	9:45 Gentle Fitness 10:45 Safeway 11:00 Snack 1:30 Activity 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 10:20 Larry Music 1:30 BINGO 3:00 Snack	10:00 Fun w/Fitness 11:00 Snack 1:45 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack 5:00 THANKSGIVING DINNER W/FAMILY	9:45 Fun w/Fitness 10:45 WalMart 11:00 Snack 1:30 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack 4:00 Christian Prayer
25	26	27	28	29	30	
9:45 Gentle Fitness 11:00 Snack 1:30 Craft 3:00 Snack 3:00 Church	9:45 Gentle Fitness 10:45 Safeway 11:00 Snack 1:30 Activity 3:00 Snack	9:45 Gentle Fitness 11:00 Snack 1:00 Monthly BD Prty 1:30 BINGO 3:00 Snack	9:45 Gentle Fitness 11:00 Snack 1:30 Dog Therapy 1:45 Activity/Craft 3:00 Snack	9:45 Fun with Fitness 11:00 Snack 1:30 BINGO 3:00 Snack	9:45 Fun w/Fitness 10:45 WalMart 11:00 Snack 1:30 Activity/Craft 3:00 Snack	



*Group Discussion/Conversation during Fitness Classes

