

NOVEMBER 2023

50+ Activity Center Monday through Friday 7:00-3PM

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 Ballet Bar 9AM Phase 10 at 10AM Line Dance 3pm	2 Sit & Fit 9am Step & Tone 10:30 Rook 12pm	3 March & Move 8:30-9am Ballet Bar 9:15 <i>Spades 10am</i>	4
5	6 Step & Tone 9am Ballet Bar 10:15 BUNCO 5PM	7 Sit & Fit 9am Sr. Stretch 9:45 Rook 12pm	8 Ballet Bar 9AM Phase 10 at 10AM Line Dance 3pm	9 Sit & Fit 9am <i>Parkinson's Support 10:30-11:30</i> Rook 12pm Radio Club 6PM	10 March & Move 8:30-9am Ballet Bar 9:15 <i>Spades 10AM</i>	11
12	13 Quilting Day	14 Sit & Fit 9am Sr. Stretch 9:45 Rook 12pm	15 <i>ART Club Day</i>	16 Sit & Fit 9am Sr. Stretch 9:45 Rook 12pm	17 March & Move 8:30-9am Ballet Bar 9:15 Spades 10AM	18 Quilting Day *Confirm with Carol Baker
19 <u>Biltmore Trip Departure 8AM</u> (Arrive 30 min Beforehand)	20 Morning Rook 8:30AM	21 <i>No Exercise Classes</i> Rook 12pm	22 <u>Biltmore Trip Return Date</u> <i>No Exercise Classes</i> Phase 10 at 10AM	23 Activity Center Closed	24 Activity Center Closed	25
26	27 Quilting Day *Confirm with Carol Baker*	28 Sit & Fit 9am Sr. Stretch 9:45 Rook 12PM	29 Ballet Bar 9AM Phase 10 at 10AM	30 Sit & Fit 9am Sr. Stretch 9:45 Rook 12pm		Potluck & Bingo December 20th <u>Must Sign Up to Participate on Bulletin Board</u> **Need to Bring Something