




November 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 10-Noon Business Partners Fair 10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch	2 9:30 Gentle Yoga 10:00 Weight Watchers 10:00 Walking Group, Ping Pong 11:00 Strength/Balance 12:00 Lunch (soup and salad) 1:00 Pinochle
5 9:30 Bridge 9:30 FREE DANCE LESSONS 10:00 FREE Blood Pressures 10:00 Walking Group, Ping Pong 11:00 Chair Yoga 12:00 Bring a friend to lunch for \$1.00 12:30 Meredith Mancini Talk 12:45 POUND exercise 12:45 ART class , Pitch	6 10:00 Strength/Balance 11:00 Strength/Balance 11:00 Hand Bells 12:00 Lunch 12:45 MOVIE: LION 12:45 Mah Jong	7 9:00 Baseball Hall of Fame for Veterans Trip 10:00 Tai Chi, Duplicate Bridge 10:30 Manlius Informed: The Ivory Tower Panel (in Aud.) 11:00 Chair Yoga 12:00 Lunch 12:45 Will Bowling, Corn Hole 12:45 Scrabble	8 10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:30 MEDICARE INFORMATION SEMINAR W/ MYRNA KOLDIN 12:45 BINGO	9 9:30 Gentle Yoga 10:00 Weight Watchers 10:00 Walking Group 10:00 Ping Pong 11:00 Strength/Balance 12:00 Lunch (soup and salad) 1:00 Pinochle
12 CLOSED IN OBSERVANCE OF VETERANS DAY 	13 10:00 Strength/Balance 11:00 Strength/Balance 11:00 Hand Bells 11:30 Reception 12:00 Birthday Bash 12:45 Mah Jong	14 10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 10:30 Bus to Clear Path for Veterans Luncheon 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole 1:00 Scrabble	15 10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 MIND PUZZLES	16 9:30 Gentle Yoga 10:00 Weight Watchers 10:00 Walking Group 10:00 Ping Pong 11:00 Strength/Balance 12:00 Lunch (soup and salad) 1:00 Pinochle
19 9:30 Bridge 10:00 Walking Group, Ping Pong 11:00 Chair Yoga 12:00 Lunch 12:45 POUND exercise, Pitch	20 10:00 Strength/Balance 11:00 Strength/Balance 11:00 Hand Bells Class 12:00 Lunch 12:45 Mah Jong	21 10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole 1:00 Scrabble	22 CLOSED FOR THANKSGIVING 	23 CLOSED FOR THANKSGIVING 
26 9:30 Bridge 10:00 Walking Group, Ping Pong 11:00 Chair Yoga 12:00 Lunch 12:45 POUND exercise 12:45 ART class , Pitch	27 10:00 Strength/Balance 11:00 Strength/Balance 11:00 Hand Bells Class 12:00 Lunch 12:45 Mah Jong	28 10:00 Intermediate Tai Chi 10:00 Duplicate Bridge 11:00 Chair Yoga 12:00 Lunch 12:45 Wii Bowling, Corn Hole 1:00 Scrabble	29 10:00 Cards 10:00 Strength/Balance 11:00 Strength/Balance 12:00 Lunch 12:45 BUNKO	30 9:30 Gentle Yoga 10:00 Weight Watchers 10:00 Walking Group, Ping Pong 11:00 Strength/Balance 12:00 Lunch (soup and salad) 1:00 Pinochle