

NOVEMBER

Tuesday Nov. 1, 10:00am Coffee/Tea discussion

Wednesday Nov. 2, 8:20am Walking Strong CD. 9am Strong Woman CD 10:am Tai Chi. 12:30 2 rooms of cards, Hand and foot canasta & dealers choice. 1pm Shen Zhen

Thursday Nov3, 4pm Caregivers share time in Conference Room

Friday Nov. 4, 8:20 walking CD, 9am Strong women CD 9:30 movement class with B Rosenlof

Daylight Savings Time Ends

Mon Nov. 7, 8:20am Walking Strong CD, 9am Strong Woman Cd. 9:30am BINGO

Tuesday Nov. 8, 10am Coffee/Tea discussion 7pm Quilt Guild meeting

Wed Nov. 9, Ditto exercises + 10am Tai Chi, 1pm Shen Zhen, 5pm Irene Knouff 100 year birthday celebration!

Thurs. Nov. 10, Grand Jct. trip. Limited Seating. Sign up at Grand Center. Sign up sheet is put out one week prior .

Fri. Nov. 11, Closed for Veterans Day

Mon. Nov. 14, Exercise and Bingo Card playing after lunch.

Tues. Nov. 15, 9;30am Get up and Go Committee Meeting in Library 12:45 Hand & Foot Canasta

Wed Nov. 6, All Usual exercise. 12:45 two rooms of Card playing. 5pm Grief Support in Conference Room

Thursday Nov. 17, 10am Craft. Noon get together and Lunch @ Glorias. Please sign up in advance. They will be giving us a 20% discount from menu. Bring cash to pay .

Friday Nov.18 . Normal Exercise classes + B. Rosenlof movement class @ 9:30 am.

Mon Nov. 21, 8;20am Walking Cd, 9am Strong Woman CD. 9:30 BINGO

Tues. Nov. 22, 10am Coffee/Tea discussion . Cards after lunch.

Wed. Nov. 23, 8:20 Walking CD, 9am Strong Woman CD, 9:30 10am Tai CHI 12:45 cards. 1pm Shen Zhen.

Thurs & Fri Nov. 24 & 25 Closed for Thanksgiving.

Mon. Nov, 28. 8:20 Walking CD Strong Woman CD, 9:30 BINGO.

Tues. Nov. 29, 10am Coffee/Tea Discussion. 12:45 Hand & Foot Canasta.

Wed. Nov30. Normal Exercises. 10am Book Club (Cold Mountain by Charles Frazier) 12:45 Card Playing 5pm Utah Friends Of Paleontology

