

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-----------|--|---|---|---|---|-----------|
| | | | 1 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane | 2 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530 | 3 Stay Strong and Sturdy 10 a.m. Balance Dance 4544 S. Lamar | 4 |
| 5 | 6 Stay Social Happy Hour 4 p.m. The Park (restaurant) on South Lamar 4024 S Lamar Blvd | 7 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar | 8 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane | 9 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530 | 10 Stay Strong and Sturdy 10 a.m. Balance Dance 4544 S. Lamar | 11 |
| 12 | 13 Afternoon Park Walk 2 p.m. Dick Nichols Park 8011 Beckett Rd | 14 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar | 15 Aging Together (conversation group) 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane | 16 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530 | 17 Stay Strong and Sturdy 10 a.m. Balance Dance 4544 S. Lamar | 18 |
| 19 | 20 Fashion on the Ration- (All about England Series) 6:30 p.m. Brookdale Gaines Ranch 4409 Gaines Ranch Loop | 21 Stay Strong and Sturdy 9 a.m. Balance Dance 4544 S. Lamar Blvd | 22 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane | 23 Thanksgiving Day *Need a place to go? Join Amy & Damien at their home- Call or email for details | 24 | 25 |
| 26 | 27 | 28 Yoga 9 a.m. Balance Dance 4544 S. Lamar Blvd | 29 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane | 30 Stay Strong and Sturdy 11 a.m. Go Dance 4477 S. Lamar Blvd #530 | Stay Strong and Sturdy 10 a.m. Balance Dance 4544 S. Lamar | |