







November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Walk & Talk 7:30 Aerobics—9 am Weight Warriors 9:30-10:30 Weigh-In 10:30-11:30 Support Group Pinochle 12:45 pm Jazzercise 6:00	2. Walk & Talk 7:30 Pastels Art 9:00 Party Bridge 12:45 pm ACRYLIC PAINT 1:00 Pickleball 1:30-3:00 pm at WCCC	3. Walk & Talk 7:30 Aerobics—9 am Pinochle 12:45 pm *Tongue Twister Day
6. Walk & Talk 7:30 Aerobics—9 am Wii Bowling 10:00 Pokeno 12:30 Pickleball 1:30-3:00 pm at WCCC	7. Walk & Talk 7:30  Country Line Dancing 10:00 Blood Pressures 11-11:45 am BINGO 12:30 Duplicate Bridge 6:00 pm	8. Walk & Talk 7:30 Aerobics—9 am Weight Warriors 9:30-10:30 Weigh-In 10:30-11:30 Support Group Gentle Yoga 10:15 Pinochle 12:45 pm Jazzercise 6:00	9. Walk & Talk 7:30 Pastels Art 9:00 Party Bridge 12:45 pm ACRYLIC PAINT 1:00 Pickleball 1:30-3:00 pm at WCCC *Veteran's Day Program Subject to change	10. Walk & Talk 7:30 Aerobics—9 am Pinochle 12:45 pm
13. Walk & Talk 7:30 Aerobics—9 am Wii Bowling 10:00 Pokeno 12:30 Pickleball 1:30-3:00 pm at WCCC	14. Walk & Talk 7:30  Country Line Dancing 10:00 Blood Pressures 11-11:45 am BINGO 12:30 Duplicate Bridge 6:00 pm	15. Walk & Talk 7:30 Aerobics—9 am Weight Warriors 9:30-10:30 Weigh-In 10:30-11:30 Support Group Gentle Yoga 10:15 Birthdays Lunch Pinochle/Bridge 12:45 Jazzercise 6:00	16. Walk & Talk 7:30 Pastels Art 9:00 Party Bridge 12:45 pm ACRYLIC PAINT 1:00 Pickleball 1:30-3:00 pm at WCCC Dr. Bevan 12:30	17. Walk & Talk 7:30 Aerobics—9 am Pinochle 12:45 pm *Board Meeting @ noon
20. Walk & Talk 7:30 Aerobics—9 am Wii Bowling 10:00 Pokeno 12:30 Pickleball 1:30-3:00 pm at WCCC	21. Walk & Talk 7:30  Country Line Dancing 10:00 Blood Pressures 11-11:45 am BINGO 12:30 Duplicate Bridge 6:00 pm	22. Walk & Talk 7:30 Aerobics—9 am Weight Warriors 9:30-10:30 Weigh-In 10:30-11:30 Support Group *NO YOGA Pinochle 12:45 pm Jazzercise 6:00	23. Thanksgiving Day Center Closed	24. Center Closed
27. Walk & Talk 7:30 Aerobics—9 am Wii Bowling 10:00 Pokeno 12:30 Pickleball 1:30-3:00 pm at WCCC	28. Walk & Talk 7:30  Country Line Dancing 10:00 Blood Pressures 11-11:45 am BINGO 12:30 Duplicate Bridge 6:00 pm Beltone 9-11	29. Walk & Talk 7:30 Aerobics—9 am Weight Warriors 9:30-10:30 Weigh-In 10:30-11:30 Support Group Pinochle 12:45 pm *Buy Nothing Day Jazzercise 6:00	30. Walk & Talk 7:30 Pastels Art 9:00 Party Bridge 12:45 pm ACRYLIC PAINT 1:00 Pickleball 1:30-3:00 pm at WCCC	