




November 2023 Calendar

<u>Sun</u>	<u>Monday</u>	<u>Tuesday</u>	<u>1. Wednesday</u>	<u>2. Thursday</u>	<u>3. Friday</u>	<u>4. Saturday</u>
<p><u>5. Sun</u> 1pm - 4:30 Gym  1pm 4:30 Fitness Room</p>	<p><u>6. Mon</u> 9-3:30: Open Gym 9-1:45: Fitness Rm <b>10-11: Bible study</b> <b>11-12: Computer Education</b>  2-3: Silver Sneakers (F) <b>3:45-5:15: Dance</b> <b>3-5:30: Fitness Rm</b> <b>5:30-6:30: Zumba</b></p>	<p><u>7. Tue</u> 9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym <b>4:30-5:30: Music Lessons (Piano)</b> <b>5:30-6:15- Body Toners</b></p>	<p><u>8. Wed</u> 9-5: Open Gym 9-1:45: Fitness Rm <b>11-12: Computer Education</b>  2-3: Silver Sneakers(F) <b>5:30-6:15: Body Toners</b></p>	<p><u>9. Thu</u> 9-1:45- Open Gym 9-5:30: Fitness Rm <b>11-12: Computer Education</b>  2-3: Silver Sneakers(G) 3-5: Karaoke  3-5:15-Gym <b>5:30-6:30 Zumba</b></p>	<p><u>10. Fri</u> 9 – 5:30: Gym 9 – 5:30: Fitness Rm. <b>10:30-11:30: Bingo</b>  <b>1-3: Spades and Domino's</b></p>	<p><u>11. Sat</u>  <b>Gym Closed</b> <b>Karate Expo</b> <b>9am-6pm</b>  9 -1:00: Fitness Rm</p>
<p><u>12. Sun</u> 1pm - 4:30 Gym  1pm - 4:30 Fitness Room</p>	<p><u>13. Mon</u> 9-3:30: Gym <b>10-11: Bible study</b> 9-1:45: Fitness Rm <b>11-12: Computer Education</b>  2-3:00: Silver Sneakers(F) <b>3:45-5:15: Dance</b> <b>5:30-6:30: Zumba</b></p>	<p><u>14. Tue</u> 9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym <b>4:30-5:30: Music Lessons (Piano)</b> <b>5:30-6:15- Body Toners</b></p>	<p><u>15. Wed</u> 9-5: Open Gym 9-1:45: Fitness Rm <b>11-12: Computer Education</b>  2-3: Silver Sneakers(F) <b>5:30-6:15: Body Toners</b></p>	<p><u>16. Thu</u> 9-1:45- Open Gym 9-5:30 Fitness Rm <b>12-1: Computer Education</b>  <b>1-2: Cooking Demo</b> 2-3: Silver Sneakers(G) 3-5:15-Gym <b>5:30-6:30 Zumba</b></p>	<p><u>17. Fri</u> 12– 5:30: Gym 9 – 5:30: Fitness Rm <b>1-3: Spades and Domino's</b></p>	<p><u>18. Sat.</u> 9 – 1:00 Gym 9 – 1:00 Fitness Rm</p>
<p><u>19.</u></p>	<p><u>20. Mon</u> 9-3:30: Gym 9-1:45: Fitness Rm <b>10-11: Bible study</b> <b>11-12: Computer Education</b> </p>	<p><u>21. Tue</u> 9-1:45: Open Gym 9-5:30: Fitness 2-3: Silver Sneakers(G) 3-5:15: Gym <b>4:30-5:30: Music Lessons (Piano)</b></p>	<p><u>22. Wed</u> 9-5: Open Gym 9-1:45: Fitness <b>11-12: Computer Education</b> </p>	<p><u>23. Thu</u>  <b>Bullock Center Closed</b> <b>Happy Thanksgiving</b></p>	<p><u>24. Fri</u> 9 – 5:30: Gym 9 – 5:30: Fitness Rm. <b>1-3: Spades and Domino's</b></p>	<p><u>25. Sat</u> 9-1:00: Gym 9-1:00: Fitness</p>

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	<p>2-3:00: Silver Sneakers(F)  <b>3:45-5:15: Dance</b>          5:30-6:30: Zumba</p>	<p><b>5:30-6:15- Body Toners</b></p>	<p>2-3: Silver Sneakers(F)  <b>5:30-6:15: Body Toners</b></p>		
<p><b>26. Sun</b></p>	<p><b>27. Mon</b>          9-3:30: Open Gym          9-1:45: Fitness Rm  <b>10-11: Bible study</b>  <b>11-12: Computer Education</b>            2-3:00: Silver Sneakers(F)  <b>3:45-5:15: Dance</b>          5:30-6:30: Zumba</p>	<p><b>28. Tue</b>  <b>Gym Closed</b>          9-5:30: Fitness Rm          2-3: Silver Sneakers (G)          3-5:15: Gym  <b>4:30-5:30: Music Lessons (Piano)</b>  <b>5:30-6:15- Body Toners</b></p>	<p><b>29. Wed</b>  <b>Gym Closed</b>          9-5: Open Gym          9-1:45: Fitness  <b>11-12: Computer Education</b>            2-3: Silver Sneakers(F)  <b>5:30-6:15: Body Toners</b></p>	<p><b>30. Thu.</b>  <b>Gym Closed</b>          9-1:45- Open Gym          9-5:30 Fitness Rm  <b>12-1: Computer Education</b>            2-3: Silver Sneakers(G)          3-5:15-Gym  <b>5:30-6:30 Zumba</b></p>	