


## November Daily Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>9 am</b> Ceramics  <b>10 am</b> Oil Painting  <b>10:30 am</b> Line Dancing  <b>1 pm</b> -Darts	<b>7:30 a.m.</b> Darts  <b>9 am</b> Table Tennis  <b>10:15 a.m.</b> Active Fitness 50+  <b>10 am</b> Oil Painting  <b>1 pm</b> Bridge Cribbage  <b>5 pm</b> Kripalu Yoga	<b>7:30 am</b> Active Fitness 50+  <b>9:30 am</b> - one-on-one -Let's get fit -Art Discovery  <b>1 pm</b> 6 hand Euchre  ZUMBA GOLD	<b>8:45 a.m.</b> Active Fitness 50+  <b>10 am</b> Watercolours Qi-Gong  <b>10:30 am</b> Yoga  <b>1 pm</b> Bid Euchre	<b>8:30 am</b> Active Fitness 50+  <b>9 am</b> Hooks, Needles & Patchwork  <b>10 am</b> Tai Chi  <b>1 pm</b> Bunco	Saturday Kripalu Yoga with Lynn  9–10:30 a.m.

## ADDITIONAL November ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<b>4</b> Change your clocks "fall back"	<b>5</b> Monday Oil painting registration	<b>6</b> Tuesday Oil Painting registration	7	8	<b>9</b> 1 pm - Decorating - Memoirs	10
<b>11</b> We shall Remember  	12	<b>13</b> Last day for Belly Dancing	14	15	<b>16</b> 1 pm Drawing	<b>17</b> 1-3 pm Decorating for tea
<b>18</b> 2 pm Victoria's Christmas Tea	19	20	<b>21</b> 11 am–2 p.m Chilifest 1:30 p.m. Book Club	22	23	24
25	<b>26</b> Walk in a hike 10a.m.	<b>27</b> Trip to Ottawa Last day to reg. for lunch'n learn (Nov. 30)	<b>28</b> Chat café 1:30 pm Diner's Delight 5 :30 pm	29	<b>30</b> Lunch n' Learn 12:30 pm Shaw Woods	