

NOVEMBER 2017

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		<p>1 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit</p> <p>1:30—2:30 The Complete Mix</p>	<p>2 9-11 Oil Painting 9-10 Fitness for Everyone</p> <p>10-11 Martial Arts</p>	<p>3 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>6 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>7 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11:30 GARDEN CLUB 1:30-3:00 Painting Pals</p>	<p>8 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit</p> <p>1:30—2:30 The Complete Mix</p>	<p>9 9-10 Fitness for Everyone 10-11 Martial Arts 12—TURKEY FEAST @Highlands Pres. Church</p>	<p>10 HOLIDAY!</p>
<p>13 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>14 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts</p> <p>1:30-3:00 Painting Pals</p>	<p>15 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall/Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix 1:30-3:00 Christmas House Door Hanger</p>	<p>16 9-10 Fitness for Everyone 10-11 Martial Arts</p> <p>1-4 BRIDGE</p>	<p>17 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>20 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>21 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts</p> <p>1:30-3:00 Painting Pals</p>	<p>22 No Programs!</p>	<p>23 HOLIDAY!</p>	<p>24 HOLIDAY!</p>
<p>27 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing</p>	<p>28 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts</p> <p>1:30-3:00 Painting Pals</p>	<p>29 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise</p> <p>12:30—1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>30 9-10 Fitness for Everyone 10-11 Martial Arts</p> <p>1:30-2:30 BINGO</p>	