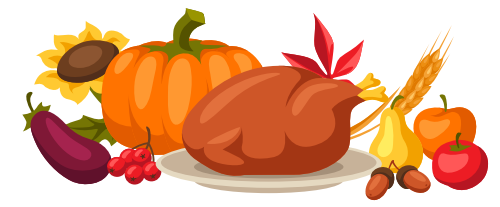











NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		¹ 10:00 Art Class with Alicia 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movies: <i>The Witch</i>	² 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	³ 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Book Club  11:30-12:30 PM	⁴ 9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGO! 1:00 Jewelry Class	⁵ 10:30 Age in Motion - I (ZOOM from home)
	⁷ 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Santa Craft (part 1)	⁸ 10:30 Age in Motion - I 1:00 Bridge 2:00 Movies: <i>Elvis</i>	⁹ 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers 1:00 Santa Craft (part 2)	¹⁰ 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks  11:30-12:30 PM	¹¹ CLOSED FOR  VETERANS DAY	¹² 10:30 Age in Motion - I (ZOOM from home)
Monday 11/14 CREATE IN THE KITCHEN   We're making Soup Mix in a Jar <i>You must RSVP & bring pint jars</i> 	¹⁴ 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Handmade cards 1:30 CREATE IN THE KITCHEN 5:30 FAB Gals - Nutrition with Ruth Clark	¹⁵ 10:30 Age in Motion - I 1:00 Bridge 2:00 Movies: <i>Nope</i> 5:00 FAB Gals - Dance	¹⁶ 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	¹⁷ 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 1:00 CHAMBER MUSIC 2:00 CVAH Pie Social  11:30-12:30 PM	¹⁸ 9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGO! 1:00 Jewelry Class	¹⁹ 10:30 Age in Motion - I (ZOOM from home)
	²¹ 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga	²² 10:30 Age in Motion - I 1:00 Bridge 2:00 Movies: <i>Everything Everywhere All at Once</i> GIVING TUESDAY 	²³ 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	²⁴ 		²⁶ 10:30 Age in Motion - I (ZOOM from home)
	²⁸ 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Handmade Cards	²⁹ 10:30 Age in Motion - I 1:00 Bridge 2:00 Movies: <i>The Green Knight</i> 5:00 FAB Gals - DIY Self Care	³⁰ 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	This month: HANDMADE CARD CLASS will meet at 1 PM on Monday 11/14 & Monday 11/28 		Holiday Faire 9-3pm 