



# ACTIVITES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 7:45-8:45 Zumba Gold 9:00-10:00 Pumped Up 9:15-10:20 Balance & Core 4:00-5:00 Kid Cuisine 6:00-8:00 Adv. Kendo	<b>2</b> 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers <b>12:30-3:30 Bridge</b> 4:30-5:30 Zumba Toning	<b>3</b> 9:00-10:00 Pumped Up 9:15-10:20 Piyo <b>10:00-11:30 Line Dancing</b> <b>1:00-2:30 Bingo</b> 4:00-4:45 Art Explorers 6:00-7:00 Beg. Kendo	<b>4</b> 7:45-8:45 Zumba Gold 9:15-10:20 Kickboxing <b>4:00-7:00 First Friday Art Walk</b> 11/6 Day Light Savings
	<b>7</b> 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers <b>1:00 – 3:00 Heart Warmers</b> <b>1:00-3:00 Pickle Ball</b> 4:30-5:30 Zumba Toning	<b>8</b> 7:45-8:45 Zumba Gold 9:00-10:00 Pumped Up 9:15-10:20 Power Cut Plus <b>12:30-1:00 Chair Yoga</b> 4:00-5:00 Kids Cuisine 6:00-8:00 Adv. Kendo	<b>9</b> 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers <b>12:30-3:30 Bridge</b> 4:30-5:30 Zumba	<b>10</b> 9:00-10:00 Pumped Up 9:15-10:20 Piyo <b>10:00-11:30 Line Dancing</b> <b>1:00-2:30 Bingo</b> 4:00-4:45 Art Explorers 6:00-7:00 Beg. Kendo
<b>14</b> 9:15-10:20 Power Cut Plus <b>9:30-12:30 Chair Massage</b> 10:00 Humana Seminar 10:35-11:35 Silver Sneakers <b>1:00-3:00 Heart Warmers</b> <b>1:00-3:00 Pickle Ball</b> 4:30-5:30 Zumba Toning	<b>15 Bottle Drop- 1*bring cans</b> 7:45-8:45 Zumba Gold 9:00-10:00 Pumped Up 9:15-10:20 Balance & Core <b>12:30-1:00 Chair Yoga</b> 4:00-5:00 Kids Cuisine 6:00-8:00 Adv. Kendo	<b>16</b> 7:45-8:45 Fitness 4 Life <b>9:00-3:00 Feet Retreat</b> 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers <b>Just for Fun Band</b> <b>12:00 Veterans Lunch</b> <b>12:30-3:30 Bridge</b> 4:30-5:30 Zumba Toning	<b>17</b> 9:00-10:00 Pumped up 9:15-10:20 Piyo <b>10:00-11:30 Line Dancing</b> 10:30-11:30 SSnkr's Yoga <b>1:00-2:30 Bingo</b> <b>1:00 Board Meeting</b> 4:00-4:45 Art Explorers 6:00-7:00 Beg. Kendo	<b>18</b> 7:45-8:45 Zumba Gold 9:15-10:20 Kickboxing <b>12:00 November Birthdays</b> <b>12:00 – 1:00 Lindy Gravelle</b>
<b>21</b> 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus <b>9:30-12:30 Chair Massage</b> 10:35-11:35 Silver Sneakers <b>1:00-3:00 Pickle Ball</b> <b>2:30 2*H&amp;H Butterfly Release</b> 4:30-5:30 Zumba Toning	<b>22</b> 7:45-8:45 Zumba Gold 9:00-10:00 Pumped Up 9:15-10:20 Balance & Core <b>12:30-1:00 Chair Yoga</b> 6:00-8:00 Adv. Kendo	<b>23</b> 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers <b>12:30-3:30 Bridge</b>	<b>24 HAPPY THANKSGIVING</b> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">CLOSED</div>	
				<b>25</b> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">CLOSED</div>





# ACTIVITES CALENDAR

<p><b>28</b>          7:45-8:45 Fitness 4 Life          9:00-3:00 Feet Retreat          9:15-10:20 Power Cut Plus          9:30-12:30 Chair Massage          10:35-11:35 Silver Sneakers          1:00-3:00 Heart Warmers          1:00-3:00 Pickle Ball          4:30-5:30 Zumba Toning</p>	<p><b>29</b>          7:45-8:45 Zumba Gold          9:00-10:00 Pumped Up          9:15-10:20 Balance &amp; Core          12:30-1:00 Chair Yoga          6:00-8:00 Adv. Kendo</p>	<p><b>30</b>          7:45-8:45 Fitness 4 Life          9:15-10:20 Power Cut Plus          10:35-11:35 Silver Sneakers          12:30-3:30 Bridge          4:30-5:30 Zumba</p>	<p><b>1* Bottle Drop:</b> Bottle Drop will match RSC donations at 15%. Bring in those cans bottles</p> <p><b>2*Heart &amp; Home Butterfly Release</b> Ceremony for the purpose of remembering Loved Ones.</p>	
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