Monday	Tuesday	Wednesday	Thursday	Friday
2 LEG LIFTS DONUTS & SENIORS ft. DANCIN 4 EVER WORD WITHIN A WORD	**3** WEIGHT LIFTING HOLIDAY CRAFT SHORT STORIES	**4** STRETCH BAND WORKOUT TRAVELING TO LOUISIANA JEOPARDY	**5** ARM LIFTS MOTOWN RECORDS DISCUSSION KAREOKEE HAPPY HOUR	**6** CATHOLIC MASS SEASONAL CRAFTS LEGO'S FOR ADULTS JOSHUA MUSIC
9 LOW CARDIO VEGETARIAN SOUP COOKING CLASS BALLOON VALLEYBALL	**10** BRISK WALKING IRIS MUSIC MUSIC W/CURT DANIEL VETERAN'S DAY DISCUSSION	**11** WEIGHT LIFTING FALL LEAF COLLAGE MUSIC WITH WALTER WARE	**12** SEATED STRETCHES THANKSGIVING NUTRITION PROGRAM SHINE A LIGHT MEN'S GROUP	**13** BETTER BALANACE WORLD KINDNESS CRAFT BINGO
16 MONDAY MEDITATION WENDY'S OUTING FALL PHOTOS/ DISCUSSION	**17** LEG LIFTS FALL POEMS RUMMIKUB	**18** BALLOON TOSS ELLA FITZGERALD TRIBUTE SENSORY CLASS	**19** HIGH CARDIO GUESS WHO? IRIS MUSIC	**20** CATHOLIC MASS COFFEE BEAN CRAFT RANDON TRIVIA
23 ARM WORKOUT 50'S & 60'S MUSIC AND MOVIES DISCUSSION AUTUMN SPELLING BEE	**24** CARDIO WHICH CAME FIRST? / MACY'S DAY PARADE LOOK BACK TRIVIA	**25** THANKFUL FITNESS NOVEMBER HARVEST CELEBRATION! MUSIC BY GARY BROWN	**26** CLOSED	**27** CLOSED
30 BETTER BALANCE BAKING CLASS BIRTHDAY CELEBRATION				

November 2026

CALENDAR

