













NOVEMBER 2013

QUOTE OF THE MONTH: *Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.*
By: Melody Beattie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 SING-A-LONG 1	 2
3 <i>DAYLIGHT SAVINGS ENDS TURN YOUR CLOCKS BACK!</i>	4 9:30 FLU SHOTS 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	5 <i>Closed For Election Day</i> 	6 10:00 BOARD MEETING 1:00 LINE DANCING	7 10:15 BINGO 12:30 CHAIR EXERCISE	8 10:00 SING-A-LONG	9 
10 	11 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	12 9:30 COMPUTER CLUB 10:00 BRIDGE 10:45 GRACE KELLY EXHIBIT - MICHENER ART MUSEUM 11:30 CHAIR EXERCISE 1:00 ECONOMICS CLASS 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	13 10:00 GENERAL MEETING 1:00 LINE DANCING 1:00 GARDEN CLUB	14 10:00 NURSE 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	15 10:00 SING-A-LONG 11:15 FRIDAY FLICKS SHOWING: "QUARTET"	16 
17 	18 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	19 9:30 COMPUTER CLUB 10:00 BRIDGE 10:00 VACCINES AREN'T JUST FOR KIDS PRESENTATION 11:30 CHAIR EXERCISE 1:00 ECONOMICS CLASS 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	20 9:00 VALLEY FORGE CASINO 9:30 QUILTING 1:00 LINE DANCING	21 10:15 BINGO 11:00 TRAVEL TALES & TIPS 12:30 CHAIR EXERCISE	22 10:00 SING-A-LONG	23 
24 	25 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA 7:00 UMSSC BAND PERFORMANCE AT PATRIOTIC CONCERT AT UM MIDDLE SCHOOL	26 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	27 <i>Closed For Thanksgiving Holiday</i>	28 	29 <i>Closed For Thanksgiving Holiday</i>	30 