





**NOVEMBER 2018 - MONTHLY HEALTHY HABIT: BE GRATEFUL. GRATITUDE IS GOOD FOR YOUR HEALTH. PRACTICE IT DAILY!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00-11:00 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	2 9:30 PINOCHLE 10:00 SING-A-LONG	3
4  DAYLIGHT SAVING TIME ENDS	5 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	6 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ 	7 9:30 WED CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <b>LAST DAY TO REGISTER FOR EXCURSION TRIP FONTHILL / MORAVIA TILE WORKS TRIP</b>	8 9:00-11:00 WALK TRACK 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 FUN & FITNESS	9 9:30 PINOCHLE 10:00 SING-A-LONG	10
11 	12 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	13 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 10:00 MLH PRESENTATION ON SENIOR FITNESS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	14 9:30 GENERAL MEETING* & PRESENTATION 9:30 WED CARD PLAYERS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB 1:30 RED HAT LADIES <b>*LAST DAY FOR BOARD &amp; OFFICER NOMINATIONS</b>	15 9:00-11:00 WALK TRACK 9:45 EXCURSION TRIP TO FONTHILL CASTLE & MORAVIAN TILE WORKS 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	16 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	17
18	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	20 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	21 9:30 VALLEY FORGE CASINO <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	22 <b>CENTER CLOSED</b> 	23 <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	24
25	26 9:30 AARP DRIVER SAFETY COURSE (4 HR) 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	27 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>ST. JOHN'S SOUP KITCHEN DONATIONS TODAY</b>	28 9:30 WED CARD PLAYERS 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB HARVEST LUNCHEON	29 9:00-11:00 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH LEACH 12:30 FUN & FITNESS	30 9:30 PINOCHLE 10:00 SING-A-LONG	