

SUN	MON	TUE	WED	THUR	FRI	SAT
					10:30 EMPOWERME Balance <b>1</b>	10:00 Brunch & Lunch <b>2</b>
10:00 Church of the Ascension Livestream 10:00 Brunch & Lunch 11:00 Church of the Resurrection <b>3</b>	10:30 Beginner's Chair Yoga 2:00 Strength & Balance 3:30 Martini Mondays <b>4</b>	2:00 Water Aerobics <b>5</b>	7:30 Crystal Bridges Outing Leave 10:30 Tai Chi 3:00 Bridge <b>6</b>	2:00 Water Aerobics <b>7</b>	10:30 EMPOWERME Balance 1:00 Health Talk 5:00 Live Music by John Hardesty <b>8</b>	10:00 Brunch & Lunch <b>9</b>
10:00 Church of the Ascension Livestream 10:00 Brunch & Lunch 11:00 Church of the Resurrection 12:00 GAME DAY <b>10</b>	10:30 Beginner's Chair Yoga 2:00 Strength & Balance 3:30 Martini Mondays 4:30 Veteran's Wall Unveiling <b>11</b>	2:00 Water Aerobics 4:45 Harvest Happy Hour <b>12</b>	10:30 Tai Chi 3:00 Bridge 5:00 November Birthday Celebrations <b>13</b>	2:00 Water Aerobics 5:30 Think Pink Party <b>14</b>	10:30 EMPOWERME Balance 4:30 Music Bingo <b>15</b>	10:00 Brunch & Lunch <b>16</b>
10:00 Church of the Ascension Livestream 10:00 Brunch & Lunch 11:00 Church of the Resurrection 12:00 GAME DAY <b>17</b>	10:30 Beginner's Chair Yoga 2:00 Strength & Balance 3:30 Card Games 3:30 Martini Mondays <b>18</b>	2:00 Water Aerobics <b>19</b>	10:30 Tai Chi 1:00 Drawing with Kim Taggert 3:00 Bridge 5:00 Thanksgiving Wine Pairing Tasting <b>20</b>	2:00 Water Aerobics <b>21</b>	10:30 EMPOWERME Balance <b>22</b>	10:00 Brunch & Lunch <b>23</b>
10:00 Church of the Ascension Livestream 10:00 Brunch & Lunch 11:00 Church of the Resurrection 12:00 GAME DAY <b>24</b>	10:30 Beginner's Chair Yoga 2:00 Strength & Balance 3:30 Martini Mondays <b>25</b>	2:00 Water Aerobics 5:00 Dinner Outing to BoneFish Grill <b>26</b>	10:30 Tai Chi 3:00 Bridge <b>27</b>	11:00 Thanksgiving Feast 2:00 Water Aerobics <b>28</b>	10:30 EMPOWERME Balance <b>29</b>	10:00 Brunch & Lunch <b>30</b>

# November 2019