



November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  COME JOIN US IN THE SUN PROGRAM unitedgroup	2 9:00 - Water Aerobics 1:00 - Wii Bowling 1:00 - Water Volleyball	3 9:30/11:30 - Grocery 10:00 - Water Aerobics 	4 9:30 - Grocery 10:30 - Water Aerobics 10:30 - Wii Bowling	5 9:00 - Water Aerobics 1:00 - Bridge 1:00 - Wii Bowling 	6 9:00 - Water Aero. 12:30 - Clear Captions Event 	7
8	9 9:00 - Water Aero. 1:00 - Wii Bowling 1:00 - Water Volleyball 2:00 - Gentle Chair Yoga 	10 9:30/11:30 - Grocery 10:00 - Water Aerobics 	11 9:30 - Grocery 10:30 - Water Aerobics 10:30 - Wii Bowling Pumpkin Pie Delivery 	12 9:00 - Water Aerobics 1:00 - Bridge 1:00 - Wii Bowling 	13 9:00 - Water Aero. 1:00 - Movie Friday 	14
15	16 9:00 - Water Aero. 1:00 - Water Volleyball 1:00 - Wii Bowling 2:00 - Food Florist Delivery 	17 9:30/11:30 - Grocery 10:00 - Water Aerobics 	18 9:30 - Grocery 10:30 - Water Aerobics 10:30 - Wii Bowling Thanksgiving Dinner Delivery! 	19 9:00 - Water Aerobics 1:00 - Bridge 1:00 - Wii Bowling 	20 9:00 - Water Aero. 1:00 - Movie Friday 	21
22	23 9:00 - Water Aero. 1:00 - Wii Bowling 1:00 - Water Volleyball 2:00 - Gentle Chair Yoga 	24 9:30/11:30 - Grocery 10:00 - Water Aerobics 	25 9:30 - Grocery 10:30 - Water Aerobics 10:30 - Wii Bowling	26 	27 	28
29 Contact our office to schedule transportation for your medical appointments Mondays and Fridays! 	30 9:00 - Water Aero. 10:00 - Book Club 1:00 - Wii Bowling 1:00 - Water Volleyball		Collection for Food Bank ends November 20th! Thank you all for your donations!		Contact Cara to be seen in our on-site Salon! 518-783-8174	