## Calendar of Events

**November 2019**

### Ongoing Events Below

<table>
<thead>
<tr>
<th>Day</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:30 Stretch/ST $&lt;br&gt;10:30 Meditation D&lt;br&gt;10:30 EnhanceFitness&lt;br&gt;11:00 Music Lessons $&lt;br&gt;11:30 All Levels Yoga $*&lt;br&gt;12:00 Lunch D&lt;br&gt;1:00 Quilting</td>
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<tr>
<td>Tuesday</td>
<td>9:00 Walking Group&lt;br&gt;10:00 Beading $&lt;br&gt;12:00 Lunch D&lt;br&gt;1:00 Next Chapter&lt;br&gt;1:00 Tai Chi $*&lt;br&gt;2:00 Ceramics&lt;br&gt;2:30 Classical Music Appreciation</td>
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<td>Wednesday</td>
<td>9:00 Knit &amp; Crochet $&lt;br&gt;9:00 SilvSnkClassic D/$&lt;br&gt;10:00 EnhanceFitness&lt;br&gt;11:00 Interactive Cooking w/Ciara&lt;br&gt;11 Hand Massage Free&lt;br&gt;12:00 Lunch D&lt;br&gt;12:45 Bingo $&lt;br&gt;1:00 Men’s Group&lt;br&gt;1:00 Sentimental Journey (singing group)</td>
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<td>Thursday</td>
<td>9:00 Walking Group&lt;br&gt;9:00 All Levels Yoga $*&lt;br&gt;9:00 K&amp;C All Levels $&lt;br&gt;10:30 Meditation Club&lt;br&gt;10:00 Weaving $&lt;br&gt;12:00 Lunch D&lt;br&gt;12:45 Bingo $&lt;br&gt;1:00 Sewing Circle D</td>
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<td>Friday</td>
<td>9:30 SilvSnk Cissic D/$&lt;br&gt;10:00 Recorder $&lt;br&gt;10:30 EnhanceFitness D&lt;br&gt;10:45 News &amp; Views&lt;br&gt;11:00 Ukulele $&lt;br&gt;12:00 Lunch D&lt;br&gt;1:00 Pinoche/Brige&lt;br&gt;1:00 Reaching Out Support Group</td>
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### EVERY DAY 8:30-4:45:
- Fitness Center ($) ; Cards & Games/Pool; Computer Lab; IPADS Available!

### Key to Symbols:
- $ = Cost
- D = donation appreciated but Optional
- * = Next month’s pymt. due by 25th or pay drop in rate.
- **G** = Cost
- **D** = donation appreciated but Optional
- * = Next month’s pymt. due by 25th or pay drop in rate.

### Coming in December
- 12/6 First Friday Event! Concert- Doctors’ Orchestra
- 12/13 Ukulele Holiday Concert

### Election Day!
- 9-12 LaSalle Nursing Students
- Voting
- JW is a Polling Place

### Veterans Day
- THANK YOU!
- 9-12 LaSalle Nursing Students
- LAST DAY to sign up for Auto Museum Trip!

### Thanksgiving Feast!
- Roast Turkey w/gravy, Green Bean Almandine, Mashed Potatoes, Cranberry and Sweet Potato Pie!
- 12:45 Movie Matinee
- A Dog’s Journey! (Comedy)