



NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
*The Calendar is subject to change without notice.		1 10a Walking Club 10:30a Stretch Band & Sittercize	2 10a Chair/Yoga w Linda 2p Music Bingo	3 10a Walking Club 10:30a Stretch Band & Sittercize	4	5
6 10a Walking Club 10:30a Stretch Band & Sittercize	7 10a Strength & Stability Exercise w Nora	8 10a Walking Club 10:30a Stretch Band & Sittercize	9 10a Chair/Yoga w Linda 2p Art Talk: Is it Art or Not?	10 10a Walking Club 10:30a Stretch Band & Sittercize	11 	12
13 10a Walking Club 10:30a Stretch Band & Sittercize	14 10a Strength & Stability Exercise w Nora 1p Coffee Social: Bring your coffee, let's chat!	15 10a Walking Club 10:30a Stretch Band & Sittercize 1p Nature/History Hour w LCFPD: Fort Sheridan 4-6p Holiday Pot Luck	16 10a Chair/Yoga w Linda 2p Pop Culture	17 10a Walking Club 10:30a Stretch Band & Sittercize	18	19
20 10a Walking Club 10:30a Stretch Band & Sittercize	21 10a Strength & Stability Exercise w Nora 2p Trivia & Good News du Jour	22 10a Walking Club 10:30a Stretch Band & Sittercize	23 10a Chair/ Yoga w Linda	24 	25	26
27 10a Walking Club 10:30a Stretch Band & Sittercize	28 10a Strength & Stability Exercise w Nora	29 10a Walking Club 10:30a Stretch Band & Sittercize 3p Happy Hour: It's Nat'l Chocolates Day!	30 10a Chair/Yoga w Linda 2p BOOK CLUB: "The Boys From Biloxi", by John Grisham			