

## November 2024

## Programming

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 8:15 AM-3:45 PM Southern Railroad Train
3	4 11:00 AM Hand & Foot 11:30 AM-12:30 PM Home Safety & Fall Prevention	5 Closed- Elections	11:30 AM Games 11:30 AM-12:30 PM Hope for the Holidays 1:00 PM-2:00 PM Chair Volleyball	7 12:00 PM Mahjong 2:00 PM-4:00 PM Anyone Can Paint	8	9
10	11 Closed- Veterans Day	12 1:00 PM-2:00 PM 2:00 PM-3:00 PM Tuesday Trivia	13 11:30 AM Games 1:00 PM-2:00 PM Chair Volleyball	14 12:00 PM Mahjong 12:30 PM-2:00 PM Thanksgiving	15	16
17	18 11:00 AM Hand & Foot 2:00 PM-3:00 PM Chair Volleyball	19 11:30 AM-2:30 PM Veterans Luncheon	11:30 AM Games 12:00 PM-3:30 PM Detroit Institute of Art	21 12:00 PM Mahjong 2:00 PM-3:00 PM Bird is the Word Bingo	TBD Turkeyville "Winter Wonderettes"	23
24	25 11:00 AM Hand & Foot 9:00 AM-3:00 PM Gingerbread Kit Pick Up	26	11:30 AM Games 12:00 PM Lunch Bunch- El Mariachi	28 Closed- Thanksgiving	29	30



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## Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 No Class- Election Set-Up	5 Closed- Elections	6 10:00 AM-11:00 AM Senior Fitness	7 10:00 AM-11:00 AM Zumba Gold 11:00 AM-12:00 PM Chair Yoga	8	9
10	n Closed- Veterans Day	12 12:30 PM-1:30 PM Line Dancing	13 10:00 AM-11:00 AM Senior Fitness	14 10:00 AM-11:00 AM Zumba Gold 11:00 AM-12:00 PM Chair Yoga	15	16
17	18 10:00 AM-17:00 AM Senior Fitness	19 12:30 PM-1:30 PM Line Dancing	20 10:00 AM-11:00 AM Senior Fitness	21 10:00 AM-11:00 AM Zumba Gold 11:00 AM-12:00 PM Chair Yoga	22	23
24	25 10:00 AM-11:00 AM Senior Fitness	26 12:30 PM-1:30 PM Line Dancing	27 10:00 AM-11:00 AM Senior Fitness	28 Closed- Thanksgiving	29	30