

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1:30 Gentle Mvmt.	2	3 9:00 Gentle Mvmt.	4	5
6 Daylight Savings Time Ends	7	8 1:30 Hula Hoops 2:15 Get Your Game On -Enjoy Snacks & Learn to Play Penny Drop	9	10 9:00 Hula Hoops	11 Veterans Day Remembrance Day (Canada)	12
13	14	15 1:30 Groovin' w/ Hats	16	17 9:00 Groovin' w/ Hats	18	19
20	21	22 1:30 Rhythm & Directing	23	24 Have a Happy Thanksgiving! Thanksgiving Day (US)	25	26
27	28	29 1:30 Balance Poles 2:15 "Oh, My! Pumpkin Pie!" -Please RSVP to Rene by Nov. 15	30			

All Exercise Classes/Activities will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!