

November 2018

Office Hours: Tuesday 9:00 – 2:00
Thursday 9:00 – 2:00



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Osteofit ¹ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Book Reading 12:30 - 2:30 Inter. Gardening 1:30 – 2:30	Intro to Mindfulness ² 9:30 – 11:30	³
⁴	French Conversation ⁵ Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 Piece Makers Quilting 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ⁶ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Better Meals 10:00 – 11:00 Writing Stories 12:30 - 2:30 Warm Fuzzy Knitting 1:00 – 2:30	Nordic Walking ⁷ 9:00 -10:00 After Life 10:00 – 12:00 Remembrance Day Tea 11:00 – 1:00 Writer's Group 12:15 - 2:30 Chair Yoga 10:30 -11:30	Osteofit ⁸ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Inter. Gardening 1:30 – 2:30	⁹	¹⁰
¹¹	Remembrance day stat ¹²	Osteofit ¹³ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Book Discussion 10:00 – 11:30 Writing Stories 12:30 - 2:30 Warm Fuzzy Knitting 1:00 – 2:30	Nordic Walking ¹⁴ 9:00 -10:00 After Life 10:00 – 12:00 Writer's Group 12:15 - 2:30 Chair Yoga 10:30 -11:30	Osteofit ¹⁵ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Inter. Gardening 1:30 – 2:30	Bus Tour: Christmas at Haycraft Manor ¹⁶ 9:30 – 4:00	¹⁷
¹⁸	French Conversation ¹⁹ Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 Piece Makers Quilting 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ²⁰ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Writing Stories 12:30 - 2:30 Warm Fuzzy Knitting 1:00 – 2:30	Nordic Walking ²¹ 9:00 -10:00 After Life 10:00 – 12:00 Writer's Group 12:15 - 2:30 Chair Yoga 10:30 -11:30	Osteofit ²² Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Inter. Gardening 1:30 – 2:30 Chris & Margo: Stories of Cycling 12:30 – 2:30	²³	²⁴
²⁵	French Conversation ²⁶ Adv. 9:00-10:00 Int. 10:15-11:15 Beg. 11:30-12:30 Piece Makers Quilting 12:45pm-2:30 Chair Yoga 10:30 -11:30	Osteofit ²⁷ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Book Discussion 10:00 – 11:30 Writing Stories 12:30 - 2:30 Warm Fuzzy Knitting 1:00 – 2:30 Philosopher's Cafe 7:00 – 9:00	Nordic Walking ²⁸ 9:00 -10:00 After Life 10:00 – 12:00 Writer's Group 12:15 - 2:30 Chair Yoga 10:30 -11:30	Osteofit ²⁹ Level 1 9:00 Level 3 10:00 Level 2 11:00 Get Up & Go 12:45-1:30 Tech Time: Info with an expert 1:00 – 2:30	Intergenerational Relationships & communication ³⁰ 9:30 – 11:30	