

Monday	Tuesday	Wednesday	Thursday
	1	2	3
	8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10: 30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 – 3:30 – Craft (Sign Ups)	8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
7	8	9	10
8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Brunch (Must Sign Up) 1 p.m. - Devotionals 6:30 p.m. – Pinochle (CamTran Trip w/Amy to Bedford)	Eat N' Vote Soup Sale!! (Election Day) 8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10:30 a.m. - Music w/Barry Barrett 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo	8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
14	15	16	17
8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Pot Luck Lunch (Sign Up) 1 p.m. – Bible Study 6:30 p.m. - Pinochle	8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10:30 a.m. - Music w/Jerry Ivory 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 2:30 – 3:30 – Snack Attack (Sign Ups)	8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11 a.m. - Pilgrims Feast (Must Sign Up) Yoga & Bingo are Cancelled Today! Please see note below!
21	22	23	24
8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11 a.m. - Brunch & Chatterbug Society (Come Chat With Us) 6:30 p.m. – Pinochle (CamTran Trip w/Tina to Altoona)	8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 10:30 a.m. - Music w/Barry Barrett 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo	8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 12 p.m. - Lunch (Sign Up) 1 p.m. - Bingo & Yoga
28	29	30	
8 a.m. – 3:45 p.m.- Exercise Room 8:45 a.m. - Strong Bones 10 a.m. – Silver Sneakers 11 a.m. – Family Feud 12 p.m. - Pizza with Tina & Amy 6:30 p.m. - Pinochle	8 a.m.-3:45 p.m. – Exercise Room 10 a.m. - Knitting Hearts 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo 1 p.m. & 2:15 p.m. Silver Sneakers	8 a.m.-3:45 p.m.- Exercise Room 9 a.m. – Noon – Line Dancing 9 a.m. – Noon – Wii Bowling 12 p.m. – Lunch (Must Sign Up) 1 p.m. – Bingo	NOTE: November 17 th : Our Pilgrim Feast will be on held during lunch. The cost is \$2.00 and we ask that everyone brings a covered dish to share. Please sign up by Tuesday, Nov. 15 to be guaranteed a meal.

Exercise Room Open Every Monday, Wednesday and Friday 6 p.m. to 8 p.m.

Members must sign up for lunch the day prior by noon to be guaranteed a meal; Tuesday lunch sign up is Thursday by Noon.