www.pembrokeactivelivingcentre.com **Email: pembrokeactivelivingcentre@cogeco.net**

November Daily Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9 a.m. Ceramics **10 a.m.** Oil Painting **10:30 am** Line Dancing **1 p.m.** Zumba Gold	**7:30 a.m.** Darts **9 a.m.** Table Tennis **10 a.m.** Oil Painting **10:15 a.m.** Active Fit 50+ **1 p.m.** Bridge Cribbage **5 p.m.** Kripalu Yoga **6:30 p.m.** Pembroke Duplicate Bridge	**7:30 a.m.** Active Fit 50+ **9:30 a.m.** -Let's get fit -Art Discovery - One on one Computer **1 p.m.** - Carpet Bowling - Darts	**8:45 a.m.** Active Fit 50+ **10 a.m.** Qi—Gong & Yoga Watercolour Peer group **1 p.m.** Bid Euchre	**8:30 a.m.** Active Fit 50+ **10 a.m.** Hooks, Needles & Patchwork **10 a.m.** Tai Chi **1 p.m.** Bunco	**9 a.m.** Kripalu Yoga with Lynn

ADDITIONAL November ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	**4**	**5** Walk in Nature 10 am	**6**	**7**	**1/8** 12:30 p.m. Christmas Decorating 1 p.m Memoirs	**2/9**
10	**11** **Remembrance Day** **Centre Closed**	12 NO Oil Painting Coffee Morning 10:30 a.m.	13	14	15 1 p.m. Drawing	16 1 p.m. Setup for Christmas Tea
17 1:30 p.m. Christmas Tea	**18** **9:15 a.m.** **Functional Mobility Seminar**	19 TRIP	20 TRIP Book Club 1:30 p.m.	**21** TRIP	**22**	23
24	**25**	26 Walk in Hike 10 am	27 1:30 p.m Chat Café 5:30 p.m. Diner's Delight	**28**	**29** **12:30 p.m.** **Financial Literacy Seminar**	30