

# NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri	Sat
Exercise classes are available on Zoom at the times indicated above. Please call the Centre or email for the “link” to join!					
	<p>1</p> <p>10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>2</p> <p>9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage</p>	<p>3</p> <p>9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre</p>	<p>4 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Watercolour 10:30 a.m. Tai Chi 1 p.m. 4 hand Euchre 1 p.m. Chess 1 p.m. Crafternoon</p>	<p>5</p> <p>10 a.m. Kripalu Yoga</p>
<p>7</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>8</p> <p>10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>9</p> <p>9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage</p>	<p>10</p> <p>9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre</p>	<p><b>Centre closed</b></p>	<p><b>12</b></p> <p>10 a.m. Kripalu Yoga</p>
<p>14</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>15</p> <p>9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Let's Get Fit 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>16</p> <p>9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage 1 p.m. Book Club</p>	<p>17</p> <p>9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre</p>	<p>18 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Watercolour 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Crafternoon</p>	<p><b>19</b></p> <p>10 a.m. Kripalu Yoga</p>
<p>21</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing <b>1 p.m. Walk 'n Talk</b> 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>22</p> <p>9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Let's Get Fit 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>23</p> <p>9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage</p>	<p>24</p> <p>9 a.m. Active Fit 12:30 p.m. Peer Watercolours 10:30 a.m. Beg. Tai Chi 10:30 a.m. Canasta 1 p.m. Bid Euchre</p>	<p>25 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10 a.m. Alcohol painting 10:30 a.m. Tai Chi 1 p.m. 4 hand Euchre 1 p.m. Chess 1 p.m. Crafternoon</p>	<p>26</p> <p>10 a.m. Kripalu Yoga 1 p.m. Dec the Hall</p>
<p><b>28</b></p> <p>29 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>29</p> <p>9:30 a.m. Oil Painting 10 a.m. Low Mobility 11:30 a.m. Guitar 1 p.m. Bridge 1 p.m. Let's Get Fit 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga</p>	<p>30</p> <p>9 a.m. Active Fit 10:30 a.m. Cooking 10:30 a.m. Photography 1 p.m. Cribbage</p>			