



# November 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Your life lessons	2 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours <b>1 p.m. Walk &amp; Talk</b> 1 p.m. Bid Euchre	3 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	4 Kripalu Yoga— cancelled
6 9 a.m. Active Fit 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts 4 p.m. Gentle Yoga	7 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 1 p.m. Let's go Walking 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	8 9 a.m. Active Fit 1 p.m. Cribbage 1 p.m. Mahjong	9 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	10 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	11 10 a.m. Kripalu Yoga Remembrance Day Christmas Decorating 1 p.m.
13 9 a.m. Active Fit 9:30 a.m. Oil Painting 1 p.m. <b>Walk n' Talk</b> 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts	14 9:30 am Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	15 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 Book Club	16 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	17 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess	18 Kripalu Yoga cancelled 1 p.m. Set up for Victorian Tea
20 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. Carpet Bowling 1 p.m. Darts	21 9:30 am Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	22 9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	23 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours <b>Last day to purchase Christmas Dinner &amp; Dance tickets</b>	24 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Kripalu Seminar	25 10 a.m. Kripalu Yoga
27 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 11:30 a.m. Table Tennis 1 p.m. <b>Walk 'n Talk</b> 1 p.m. Carpet Bowling 1 p.m. Darts	28 9:30 am Painting 10 a.m. Low Mobility 11:15 am Chair Yoga 1 p.m. Bridge 1 p.m. Let's get fit a bit 2:30 Part 2 Tai Chi 4:30 p.m. Kripalu Yoga	29 9 a.m. Active Fit 10 a.m. Bridge lessons 11:15 a.m. Gentle Floor Yoga FREE 1 p.m. Cribbage 1 p.m. Mahjong	30 8:30 a.m. Active Fit 9:45 am Chair & standing Yoga 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	December 1 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 5 p.m. Christmas D&D	December 2 10 a.m. Kripalu Yoga