

<p><b>November 3rd</b></p> 		<p>Give Thanks!</p> 	<p><b>PILATES</b> <b>NEW CLASS</b> <b>WED @ 8:30 AM</b></p>		<p>1 Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Silver Fit 1:30 PM</p>	<p>2</p> 
<p><b>3 PICKLEBALL</b></p> <p>LOTT PARK SUN, TUES, THURS 8:30 am</p> <p>MON TUES WED FRI 6:00 pm</p>	<p>4</p> <p><b>BP Check - 10:00 AM</b> Grief Support 10:00 Weights 10:30 AM Silver Fit 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm</p>	<p>5</p> <p>Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm</p>	<p>6</p> <p>Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>7</p> <p>Pickleball 8:30 am Cardio &amp; Strength &amp; Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM</p>	<p>8</p> <p>Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>9</p> <p><b>Art Class</b></p>  <p><b>Monday &amp; Friday</b> <b>9:00 – 11:00 AM</b></p>
<p>10</p> <p>Pickleball 8:30 am</p>	<p>11 <b>CLOSED</b></p> 	<p>12</p> <p>Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm</p>	<p>13</p> <p>Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>14</p> <p>Pickleball 8:30 am Cardio &amp; Strength &amp; Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM</p>	<p>15</p> <p>Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>16</p>
<p>17 Pickleball 8:30 am</p> 	<p>18</p> <p><b>BP Check - 10:00 AM</b> Grief Support 10:00 Weights 10:30 AM Silver Fit 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm</p>	<p>19</p> <p>Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm</p>	<p>20</p> <p>Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>21 <b>LUNCH&amp;BINGO</b></p> <p>Pickleball 8:30 am Cardio &amp; Strength &amp; Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM</p>	<p>22</p> <p>Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>23</p> 
<p>24 Pickleball 8:30</p>	<p>25</p> <p><b>BP Check - 10:00 AM</b> Grief Support 10:00 Weights 10:30 AM Silver Fit 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm</p>	<p>26</p> <p>Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm</p>	<p>27</p> <p>Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Silver Fit 1:30 PM Pickleball 6:00 pm</p>	<p>28 <b>CLOSED</b></p> 	<p>29 <b>CLOSED</b></p> 	<p>30</p> 

