

# November

MON	TUE	WED	THU	FRI
				1 10:00am-Cards/Board games
4 8:15am-Senior Aqua	5 10:00am—Silver Sneakers	6 10:00am—Aqua Fit	7 10:00am—Silver Sneakers	8 10:00am-Cards/Board games
11 8:15am-Senior Aqua	12 10:00am—Silver Sneakers	13 10:00am—Aqua Fit 8:00am-Coffee and Conversation	14 10:00am—Silver Sneakers	15 10:00am-Cards/Board games
18 8:15am-Senior Aqua	19 10:00am—Silver Sneakers	20 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	21 10:00am—Silver Sneakers	22 10:00am-Cards/Board games
25 8:15am-Senior Aqua	26 10:00am—Silver Sneakers	27 10:00am—Aqua Fit	28 10:00am—Silver Sneakers	29 10:00am-Cards/Board games
		Green—Senior social Black—Senior Fitness Blue—Learn about the Y		



**Date TBD**

**SEMINAR  
PRESENTED  
BY**

