

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Fit 9:30-10:30am Movie Afternoon 1:00pm	3 Spa Afternoon 1:00pm (Nails and Hair)	4 Shopping Trip Depart at 9:30am	5 Tai Chi 12:30-1:30pm Afternoon Walk 2:00pm	6 Gym Time 11:30am-Noon Social in the Well 1:30-3:30pm	7
8	9 CLOSED for Thanksgiving!	10 Garden Clean-Up 1:00pm-3:30pm	11 Hike at Charlene's Time to be Determined	12 Tai Chi 12:30-1:30pm Coachhouse CLOSED at 12:30	13 Gold Card Game-10am Gym Time 11:30am-Noon Social in the Well-1:30	14
15	16 Chair Fit 9:30-10:30am Bike Ride-11:00am Games 1:00-3:30pm	17 CLOSED	18 Chili Making 9:30am Cost \$5.00	19 Tai Chi 12:30-1:30pm Afternoon Walk 2:00pm	20 Gym Time 11:30am-Noon Social in the Well 1:30-3:30pm	21
22	23 Chair Fit 9:30-10:30am Preposterous Pumpkins-11:00am	24 Knitting Circle 1:00-3:00pm	25 Halloween Baking for the Dance 10:00am	26 Halloween Dance In Hanover	27 Gym Time 11:30-Noon Social in the Well 1:30-3:30pm	28
29	30 Chair Fit 9:30-10:30am Pumpkin Carving/ Decorating-1:00pm	31 Halloween BINGO 1:00pm		Tom Thomson Gallery Trip to be Rescheduled When Renovations Complete		

Brunch by donation is open to all community members and runs every Tuesday and Thursday from 11:00am-Noon unless otherwise posted. If you have any symptoms of feeling unwell please choose to stay home until symptoms dissipate; you are welcome to take a meal for takeout.

Please be sure to sign up for any activities you would like to participate in, particularly the off-site outings.