NOVEMBER 2024 THANK A VETERAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00-2:30 TRIVIA	2 **TURN CLOCKS BACK**
3	4 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN **1:00 POKER**	5 9 **-3** WALK THE TRACK **11:30 BOARD MEETING** 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	6 9-3 WALK THE TRACK **12:00 TECH HELP** 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	7 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS **1:00-3:30 UPPER MERION TWP COMPREHENSIVE PLAN OPEN HOUSE**	8 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	9
	11 9-3 WALK THE TRACK **9:30 VETERANS BREAKFAST** 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN ***VETERANS DAY***	12 9 **-3** WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	13 9-3 WALK THE TRACK **11:30 GENERAL MEETING** **PIZZA LUNCH** **TO FOLLOW** **FOR THOSE ATTENDING THE MEETING** **ALL ACTIVITIES CANCELLED**	14 9-3 WALK THE TRACK **9:45-12 NURSE** 10:15 BINGO 11:45 FUN & FITNESS **12:45 PELVIC FLOOR PRESENTATION BY CORE PT**	15 9-3 WALK THE TRACK 9:15 CHAIR YOGA **10:00 DUTCH APPLE THEATER EXCURSION** 10:30 SING-A-LONG 1:00-2:30 TRIVIA	16
17	18 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) **12:00 MONDAY MATINEE- "AFRICAN QUEEN"** 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN **1:00 BOOK TALK**	19 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	20 9-3 WALK THE TRACK **9:45 MEDITATION** **12:00 TECH HELP** 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	21 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS **1:00 QUILTING**	22 9-3 WALK THE TRACK 9:15 CHAIR YOGA **(CANCELLED)** 10:30 SING-A-LONG 1:00-2:30 TRIVIA	23
24	25 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN **1:00 POKER**	26 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	27 **SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY**		29 **SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY**	30