


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Rink Walkers(ISC) 9:15 Zumba Gold 10:00 Snuggles Knitting 12:00 Bridge 9:30 Stamping Class 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Footcare (appt)</p>	<p>3</p> <p>9:00 Personal Training 10:00 Digital Camera Class 10:00 Ceramics 10/10:45/11:30 Tai Chi(N) 12:30 Bowling(BF) 1:00 Mahjongg/ Scrabble 1:00 Tap Dancing Election Day Don't forget to vote!</p>	<p>4</p> <p>8:00 Codgers(F) 9:15 Perfect Fit Exercise 10:00 Massage 10:00 Intonations 10:30 Massage 10:30 Yoga 12:00 Lunch at Eno 12:00 Cardio Exercise 1:00 Balance Exercise 1-3 Social Security(appt)</p>	<p>5</p> <p>9:00 Personal Training 10:00 Digital Camera Class 10/10:45/11:30 Tai Chi 10:00 Painting Class 1:00 Long term Care Presentation 3:00 -6:00 Flu Shots</p>	<p>6</p> <p>9:15 Perfect Fit Exercise 10:30 Yoga 10:00 Program Committee 10:00 Bridge Lessons((L) 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Line Dancing Trip: CT Science Center 11/7</p>
<p>9</p> <p>8:00 Rink Walkers(ISC) 9:15 Zumba Gold 10:00 Snuggles Knitting 9:30 Stamping Class 12:00 Bridge 12:00 Cardio Exercise 1:00 Balance Exercise</p>	<p>10</p> <p>9:00 Personal Training 10:00 Digital Camera Class 10:00 Ceramics 10/10:45/11:30 Tai Chi 10:00 Bereavement 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1:00 Mahjongg/ Scrabble 1:00 Tap Dancing</p>	<p>11</p> <p>Veteran's Day Senior Center Closed 10:45 Veteran's Day Program at Eno Hall Trip: Mohegan Sun</p>	<p>12</p> <p>9:00 Personal Training 10:00 Digital Camera Class 10/10:45/11:30 Tai Chi 10:00 Painting Class 2:00 Investment Club Trip: Holiday Shopping Holyoke Mall</p>	<p>13</p> <p>9:15 Perfect Fit Exercise 10:30 Yoga 12:15-1:15 Blood Pressure 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Line Dancing</p>
<p>16</p> <p>8:00 Rink Walkers(ISC) 9:15 Zumba Gold 10:00 Snuggles Knitting 9:30 Stamping Class 12:00 Bridge 12:00 Cardio Exercise 1:00 Balance Exercise</p>	<p>17</p> <p>9:00 Personal Training 10:00 Ceramics 10/10:45/11:30 Tai Chi 12:30 Bowling(BF) 12:00 Souper Tuesday 1:00 Mahjongg/ Scrabble 1:00 Tap Dancing</p>	<p>18</p> <p>8:00 Codgers(F) 9:15 Perfect Fit Exercise 10:00 Massage 10:00 Intonations 10:30 Yoga 12:00 Cardio Exercise 12:00 St Mary's Lunch 1:00 Balance Exercise</p>	<p>19</p> <p>9:00 Personal Training 10/10:45/11:30 Tai Chi 10:00 Painting Class 10:00 New Theater Group 1:00 Caregivers Group 1:00 CVS presentation Medicare Part D</p>	<p>20</p> <p>9:15 Perfect Fit Exercise 10-11 Cooking w/Elaine 10:30 Yoga 12:00 Cardio Exercise 1:00 Balance Exercise 1:00 Line Dancing Trip: Hill-Stead Tour 11/21</p>
<p>23/30</p> <p>8:00 Rink Walkers 9:15 Zumba Gold 10:00 Snuggles Knitting 9:30 Stamping Class 10:00 -12:00 Blood Pressure(11/30) 12:00 Bridge 12:00 Cardio Exercise 1:00 Balance Exercise Trip: Senior Star Contest</p>	<p>24</p> <p>9:00 Personal Training(L) 10:00 Ceramics 10/10:45/11:30 Tai Chi 10:30 Hearing Clinic 1:00 Mahjongg/ Scrabble 1:00 Bowling(BF) 1:00 Tap Dancing</p>	<p>25</p> <p>8:00 Codgers(F) 11-12 Holiday Exercise No Intonations 10:30 Cheese Day 12:00 Lunch at Eno no morning or afternoon exercise classes</p>	<p>26</p> <p>Senior Center Closed For Thanksgiving</p> 	<p>27</p> <p>Senior Center Closed Simsbury Celebrates Sat. Nov. 28 4:30</p>