





Mon	Tues	Wed	Thurs	Fri
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:00 CADES Charity 10:30 Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 12:30 DIY Bingo 2:00 Texas Hold'em 2:00 Line Dancing 2:00 Bridge # 5 2 5:45 Cardio 3	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 11:15 Pilates 10:00 Oil Painting 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Pilates 3	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge 12:00 Covenant Lunch & Learn "Managing Your Diabetes" with David Navorska, MD Call 541-4500 1:00 Spanish Club 4	9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 10:00 CADES Charity 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 2:00 Chorus 5:45 Cardio 3 5	8:45 Cardio 3 9:30 Canasta 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates VETERANS Open House 11:30 - 1:00 Refreshments Sponsored by NHC Farragut 1:00 Ballroom 6
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 10:45 Blood Pressures 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Texas Hold'em 2:00 Line Dancing 9 5:45 Cardio 3	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 2:00 Yoga 5:45 Pilates 10	<p style="text-align: center;">Center Closed</p>  <p style="text-align: center;">Veterans Day</p> 11	9:00 Beg Tai Chi 10:00 Tai Chi 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 2:00 Chorus 2:00 Secure Horizons Information 12 5:45 Cardio 3	8:45 Cardio 3 9:30 Canasta 10:00 Jewelry Crafters Showcase 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom 2:00 Ballroom 13
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dancing 5:45 Cardio 3 16	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Cariten Info 1:30 Pinochle 2:00 Yoga 5:45 Pilates 17	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge 12:00 Red Hat Society Holiday Cookie Swap & Tree Ornament Day 1:00 Spanish Club 18	9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:00 Book Club 12:30 Stability Ball 2:00 CHORUS FALL CONCERT 19 5:45 Cardio 3	8:45 Cardio 3 9:30 Canasta 10:00 Men's Club 10:00 Cardio 2 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom 2:00 Ballroom 20
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 10:45 Blood Pressures 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dancing 5:45 Cardio 3 23	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Grub Club Mimi's Turkey Crk 2:00 Yoga 24 5:45 Pilates	8:45 Cardio 3 9:30 Watercolor 10:30 Cardio 2 10:30 Social Bridge 1:00 Spanish Club 25	<p style="text-align: center;">Center Closed</p>  <p style="text-align: center;">Thanksgiving Day</p> 26	<p style="text-align: center;">Center Closed</p>  <p style="text-align: center;">Thanksgiving Holiday</p> 27
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dancing 30 5:45 Cardio 3		<p style="text-align: center;">Sign Up for the Holiday Pot Luck Lunch</p> <p style="text-align: center;">Get your Ticket At the Desk</p>	<p>FRANK STRANG SENIOR CENTER 670-6693</p>	

Help Support our Holiday Charity – CADES Adult Day Care