



NOVEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 4:30-5:30pm: Yoga	02 10:00-11:30am: Cross-stitching with Donnela	03 10:00-12:00pm: Knitting Group	04
05	06 9:30-11:00am: Happy Laps 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	07 11:30-2:00pm: Art with Ilana	08 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 1:30-3:30: Bill 96 Zoom with Educaloi 4:30-5:30pm: Yoga	09 10:00-11:30am: Cross-stitching with Donnela	10 10:00-12:00pm: Knitting Group	11 
12	13 9:30-11:00am: Happy Laps 9:15-10:45am: Bowling League 11:00-2:00pm: Lunch & Learn 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	14 12:30-3:30pm: Card making with Donnela & Kathy	15 9:00-10:00am: Yoga 9:30-11:00am: Wacky Walkers 10:00-11:30am: SHARP Zoom 4:30-5:30pm: Yoga	16 10:00-11:30am: Cross-stitching with Donnela	17 10:00-12:00pm: Knitting Group 4:00-6:00pm: Tek Talk with Jacob	18
19	20 9:30-11:00am: Happy Laps 9:15-10:45am: Bowling League 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	21 12:30-3:30pm: Exploding Box Card with Kathy	22 9:30-11:00am: Wacky Walkers 10:00-11:30am: Zoom: see schedule	23 10:00-11:30am: Cross-stitching with Donnela 11:30-1:00pm: Decorating for Christmas!	24 10:00-12:00pm: Knitting Group	25
26	27 9:30-11:00am: Happy Laps 9:15-10:45am: Bowling League 10:30- 2:00pm: Lunch and Learn at the Legion 11:30-1:00pm: Coloring Cafe 1:00-3:00pm: Grief Group	28 1:00-2:30pm: Bingo	29 9:30-11:00am: Wacky Walkers 10:00-11:30am: Zoom: See schedule	30 10:00-11:30am: Cross-stitching with Donnela		MWCN Chateaugay 255 Boulevard D'Anjou 450-691-1444