

NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 & 10:45</p>	<p>2</p> <p>10:00 Silver Sneakers “Sew-cial” 10:0 to 3:00 12:30 Bridge 1:00 Games</p>	<p>3</p> <p>9:00 ZUMBA Gold</p> <p>FRAUD WATCH Work Shop 11:00-12:00</p> <p>1:00 Games</p>	<p>4</p> <p>Health Main Clinic 9:00 to 1:00</p> <p>12:30 Bingo</p>
<p>7</p> <p>10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i></p>	<p>8</p> <p>CLOSED ELECTION DAY</p>  <p>GET OUT AND VOTE!</p>	<p>9</p> <p>10:00 Silver Sneakers <u>QUILT OF VALOR</u> <u>PRESENTATION</u></p>  <p>11:00AM Celebrate all Vets! 12:30 Bridge</p>	<p>10</p> <p>9:00 ZUMBA Gold <i>News U can Use</i> <i>(following lunch)</i></p> <p>1:00 Games</p>	<p>11</p> <p>CLOSED VETERANS DAY.</p> 
<p>14</p> <p>Johnston Senior Adv. Board 1:00 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i></p>	<p>15</p> <p>9:30 Mah Jongg</p> <p>YOGA 9:30 & 10:45</p>	<p>16</p> <p>10:00 Silver Sneakers</p> <p>“Sew-cial” 10-3 12:30 Bridge</p> 	<p>17</p> <p>9:00 ZUMBA Gold</p> <p>Thanksgiving Meal</p> <p><i>Nutrition News</i> <i>(following lunch)</i> 1:00 Games</p>	<p>18</p> <p>12:30 Bingo</p> <p>Guest/Sadie <i>(Freedom Health</i> <i>Care-Blackout)</i></p>
<p>21</p> <p>10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i></p>	<p>22</p> <p>9:30 Mah Jongg YOGA 9:30 & 10:45 VNS-10:30-12:00 Blood Pressure Check</p>	<p>23</p> <p>NO SILVERSNEAKERS</p> <p>“Sew-cial” 10-3 12:30 Bridge 1:00 Games</p>	<p>24</p> <p>CLOSED</p>  <p>HAPPY THANKSGIVING</p>	<p>25</p> <p>CLOSED</p>  <p>BLACK FRIDAY</p>
<p>28</p> <p>10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i></p>	<p>29</p> <p>9:30 Mah Jongg YOGA 9:30 & 10:45</p> <p>Eyerly-Ball <i>(following lunch)</i></p>	<p>30</p> <p>10:00 Silver Sneakers “Sew-cial” <i>(sewing-quilting)</i> 10:0 to 3:00 12:30 Bridge 1:00 Games</p>	<p>Lunch Served Daily</p> <p>At 12:00 noon.</p>	 <p>Call 515-251-3707 For Reservations. <i>(24 hour advance</i> <i>notice required)</i> Thank you.</p>

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