

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 2017 WELLNESS</p> 			<p>1</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>2</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>3</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	<p>4</p> <p>3:30 PM LADDER BALL ML</p>
<p>5</p>	<p>6</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>7</p> <p>VOTING IN THE REC ROOM</p>	<p>8</p> <p>10:30 AM SWITCHBACK BAND ML</p> 	<p>9</p> <p>10:00 AM VETERANS PROGRAM ML</p> 	<p>10</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>14</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>15</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>16</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>17</p> <p>9:15 AM DAILY FITNESS CLASS RR</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>21</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>22</p> <p>10:00 AM THANKSGIVING SERVICE ML</p>	<p>23</p> <p>HOLIDAY</p> 	<p>24</p> <p>9:15 AM DAILY FITNESS CLASS RR</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>28</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>29</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>30</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>		