

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM Quilting 1 - 3 Beg. Belly Dance 5 - 7:30	2 Painting 9 - 12 BINGO 1 - 3	3
4	5 Painting 9 - 12 WALKING EXERCISE 9-10 Games 1 - 3:30 Ukulele 11:30AM BELLY DANCE 5 - 7:30	6 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM WEIGHT GROUP 4:30 - 5:30	7 ZUMBA GOLD 9-10 BALANCE CLASS 1:30 - 2:30	8 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM Quilting 1 - 3 Beg. Belly Dance 5 - 7:30 COLONIE CENTER 9:30AM. - 4:30PM	9 Painting 9 - 12 BINGO 1 - 3	10 WREN-THAM MASS. OUTLET STORES 7AM.- 9PM.
11	12 Painting 9 - 12 WALKING EXERCISE 9-10 Games 1 - 3:30 Ukulele 11:30AM BELLY DANCE 5 - 7:30	13 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM WEIGHT GROUP	14 POT LUCK FIREHOUSE 12 PM.	15 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM Quilting 1 - 3 Beg. Belly Dance 5 - 7:30	16 Painting 9 - 12 BINGO 1 - 3	17
18	19 Painting 9 - 12 WALKING EXERCISE 9-10 Games 1 - 3:30 Ukulele 11:30AM BELLY DANCE 5 - 7:30	20 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM WEIGHT GROUP 4:30 - 5:30 MINDFULNESS 1:30-2:30PM	21 ZUMBA GOLD 9-10	22 CLOSED	23 CLOSED	24
25	26 Painting 9 - 12 Games 1 - 3:30 Ukulele 11:30AM BELLY DANCE 5 - 7:30 FLOWER ARRANGMENT 9AM.	27 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM WEIGHT GROUP 4:30 - 5:30	28 ZUMBA GOLD 9-10 JOG YOUR MIND 1:30 - 2:30PM.	29 BONE BUILDERS 8:30 - 9:45 & 10 - 11:15 AM Quilting 1 - 3 Beg. Belly Dance 5 - 7:30 NEW YORK CITY TRIP 7AM - 10:15PM	30 Painting 9 - 12 BINGO 1 - 3	

