



# November 2020

"What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?"

- Erma Bombeck

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 Painting Group 9:00 Tai Chi w/Andrea 11 - 3 Bike Labyrinth (call for appointment)	<b>3</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 VNA Foot Clinic 3:00 Chair Yoga w/Jane 5:30 Tabata w/Taylor (YMCA)	<b>4</b> 9:00 Bone Builders 11 - 3 Bike Labyrinth (call for appointment) 11:15 Balance & Strength w/Jane 1:00 STRONG w/Andrea 5:30 Core, Strength, Balance	<b>5</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner	<b>6</b> 9:00 Bone Builders 9:00 Painting Group 11 - 3 Bike Labyrinth (call for appointment) 4:00 Full Body Burnout
<b>9</b> 9:00 Painting Group 9:00 Tai Chi w/Andrea 11 - 3 Bike Labyrinth (call for appointment)	<b>10</b> 8:30 Bone Builders 10:00 Bone Builders 3:00 Chair Yoga w/Jane 5:30 Tabata w/Taylor (YMCA)	<b>11</b> 9:00 Bone Builders 11 - 3 Bike Labyrinth (call for appointment) 11:15 Balance & Strength w/Jane 1:00 STRONG w/Andrea 5:30 Core, Strength, Balance	<b>12</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner	<b>13</b> 9:00 Bone Builders 9:00 Painting Group 11 - 3 Bike Labyrinth (call for appointment) 4:00 Full Body Burnout
<b>16</b> 9:00 Painting Group 9:00 Tai Chi w/Andrea 11 - 3 Bike Labyrinth (call for appointment)	<b>17</b> 8:30 Bone Builders 10:00 Bone Builders 3:00 Chair Yoga w/Jane 5:30 Tabata w/Taylor (YMCA)	<b>18</b> 9:00 Bone Builders 11 - 3 Bike Labyrinth (call for appointment) 11:15 Balance & Strength w/Jane 1:00 STRONG w/Andrea 5:30 Core, Strength, Balance	<b>19</b> 8:30 Bone Builders 10:00 Bone Builders 1:00 Craft Corner	<b>20</b> 9:00 Bone Builders 9:00 Painting Group 11 - 3 Bike Labyrinth (call for appointment) 4:00 Full Body Burnout
<b>23</b> 9:00 Painting Group 9:00 Tai Chi w/Andrea 11 - 3 Bike Labyrinth (call for appointment)	<b>24</b> 8:30 Bone Builders 10:00 Bone Builders 3:00 Chair Yoga w/Jane 5:30 Tabata w/Taylor (YMCA)	<b>25</b> 9:00 Bone Builders 11 - 3 Bike Labyrinth (call for appointment) 11:15 Balance & Strength w/Jane 1:00 STRONG w/Andrea 5:30 Core, Strength, Balance	<b>26</b> Happy Thanksgiving! 	<b>27</b> 
<b>30</b> 9:00 Painting Group 9:00 Tai Chi w/Andrea 11 - 3 Bike Labyrinth (call for appointment)		<b>November</b>		