

November 2017 Activities



		<p>Wednesday, November 1 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle</p>	<p>Thursday, November 2 10:00 WOW 11:00 Tai Chi 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta</p>	<p>Friday, November 3 12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p>Monday, November 6 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH</p> <p>6pm 1st Monday Dinner at Pennsburg U.C.C. and The Center at The Open Link</p>	<p>Center closed for Election Day</p> <p>MOW will be delivered</p>	<p>Wednesday, November 8 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle</p>	<p>Thursday, November 9 10:00 WOW 11:00 Tai Chi 11:45 Diner's Club 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 Coloring with a Purpose with Julie Longacre</p>	<p>Center closed in observance of Veterans Day</p> <p>MOW will NOT be delivered</p>
<p>Monday, November 13 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH</p>	<p>Tuesday, November 14 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Women's Club—Country Cards 1:00 Mahjong</p>	<p>Wednesday, November 15 8:00 Goschenhoppen Folding 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle</p>	<p>Thursday, November 16 10:00 WOW 10:00 AARP Refresher Course 11:00 Tai Chi 11:00 Tai Chi 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 Book Club</p>	<p>Friday, November 17 12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p>Monday, November 20 9:00 Walkercise 9:30 Hatha Yoga 12:30 Special lunch by kitchen staff</p>	<p>Tuesday, November 21 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, November 22 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle</p>	<p>Center closed for Thanksgiving</p> <p>MOW will NOT be delivered</p>	<p>Center closed for Thanksgiving</p> <p>MOW will NOT be delivered</p>
<p>Monday, November 27 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH 1:00 Country Cards</p>	<p>Tuesday, November 28 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, November 29 9:00 Walkercise 9:30 Yoga 10:00 12:30 LUNCH 12:30 Pinochle 1:00 Indian Valley Choir Chimes</p>	<p>Thursday, November 30 10:00 WOW 11:00 Tai Chi 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 Nutrition Presentation with Teri Wassel</p>	