

FORSYTH SENIOR CENTER ACTIVITIES NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. CHAIR EXERCISES 9:00</p> <p>WHEEL OF FORTUNE 12:30</p>	<p>2. YOGA 8:30</p> <p>CARD SOCIAL</p>	<p>3. CHAIR EXERCISES 9:00</p> <p>BINGO 12:30</p>	<p>4. S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>
<p>7. SAIL BALANCE & EXERCISE CLASS 9:30 RED HATS SOCIETY VISIT 12:00</p>	<p>8. CLOSED ELECTION DAY</p>	<p>9. YOGA 8:30</p>	<p>10. CHAIR EXERCISES 9:00</p> <p>BINGO 12:30</p>	<p>11. CLOSED VETERANS DAY</p> 
<p>14. S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>	<p>15. FOOT CLINIC – CALL FOR APPT. LINDA WOLFE FROM ACTION NOON CRAFTS 12:30</p>	<p>16. YOGA 8:30 LIFE STORIES</p>	<p>17. CHAIR EXERCISES 9:00</p> <p>BINGO 12:30</p>	<p>18. S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>
<p>21. S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>	<p>22. CHAIR EXERCISES 9:00</p>	<p>23. YOGA 8:30</p> <p>BINGO 12:30</p>	<p>24. CLOSED FOR THANKSGIVING</p>	<p>25. CLOSED FOR THANKSGIVING</p>
<p>28. S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>	<p>29. CHAIR EXERCISES</p>	<p>30. YOGA 8:30</p> <p>CARD SOCIAL</p>	<p>CHAIR EXERCISE 9:00</p> <p>BINGO 12:30</p>	<p>S.A.I.L. BALANCE & EXERCISE CLASS 9:30</p>