

November 2020

Key: **L** = In person @ W&W **V** = Virtual Zoom

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>2 L V Chair Yoga • 11:00 am L V Core On The Floor • 12:00 pm L V Sun Style Tai Chi • 2:00 pm</p>	<p>3 L V Personal Fitness Training • 9:00 am V Meditation • 10:00 am L Story Telling • 1:00 pm V Artist Trading Cards • 3:00 pm</p>	<p>4 V Balance & Easy Movement • 10:00 am V Art In Action Series #2 • 11:00 am V Diabetes Awareness Month • 1:00 pm L V CoreFit • 3:30 pm L Ceramics & Mosaics • 5:30 pm</p>	<p>5 L Painting with Chris • 10:00 am L CreativeMomentum • 10:00 am V QiGong • 11:30 am L V Personal Fitness Training • 1:00 pm L V Intermediate Line Dancing • 1:30 pm V Painting with Chris • 1:30 pm L Your Best Life • 2:00 pm V Bmore Fit • 3:00 pm</p>	<p>6 V Powerful Tools for Care Partners • 10:00 am L Puppets with Vy • 10:00 am L V AgeStrong • 10:00 am L V Beginner Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm</p>	<p>7 L Experiments with Painting • 12:00 pm L Fun with Fiber • 2:30 pm</p>
<p>9 L V Chair Yoga • 11:00 am L V Core On The Floor • 12:00 pm L V Sun Style Tai Chi • 2:00 pm L Pasta & Pavarotti • 4:00 pm</p>	<p>10 L V Personal Fitness Training • 9:00 am V Meditation • 10:00 am L Gel Transfer • 10:00 am L Creativity Challenges • 2:00 pm V Artist Trading Cards • 3:00 pm</p>	<p>11 V Balance & Easy Movement • 10:00 am V Art In Action Series #3 • 11:00 am V Diabetes Awareness Month • 1:00 pm L V CoreFit • 3:30 pm L Ceramics & Mosaics • 5:30 pm</p>	<p>12 L Painting with Chris • 10:00 am L CreativeMomentum • 10:00 am V Medicine Management Jeopardy • 11:00 am V QiGong • 11:30 am L V Personal Fitness Training • 1:00 pm L V Intermediate Line Dancing • 1:30 pm V Painting with Chris • 1:30 pm L Cards & Conversation • 1:00 pm V Bmore Fit • 3:00 pm</p>	<p>13 L Puppets with Vy • 10:00 am L V AgeStrong • 10:00 am L V Beginner Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm V Story Telling • 2:00 pm</p>	<p>14 L Experiments with Painting • 12:00 pm</p>
<p>16 L V Chair Yoga • 11:00 am L V Core On The Floor • 12:00 pm L V Sun Style Tai Chi • 2:00 pm V Creativity Challenges • 3:00 pm</p>	<p>17 L V Personal Fitness Training • 9:00 am V Meditation • 10:00 am V National Care Giver Month Presentation • 1:00 pm L V Service Coordination • 2:00 pm V Artist Trading Cards • 3:00 pm</p>	<p>18 V Roland Park Library Tech • 10:00 am V Balance & Easy Movement • 10:00 am V Art In Action Series #3 • 11:00 am V Diabetes Awareness Month • 1:00 pm L V CoreFit • 3:30 pm L Ceramics & Mosaics • 5:30 pm</p>	<p>19 L Painting with Chris • 10:00 am L CreativeMomentum • 10:00 am V QiGong • 11:30 am L V Personal Fitness Training • 1:00 pm L V Intermediate Line Dancing • 1:30 pm V Painting with Chris • 1:30 pm V Bmore Fit • 3:00 pm L V In The Clear Concert • 4:30 pm</p>	<p>20 L Puppets with Vy • 10:00 am L V AgeStrong • 10:00 am L V Beginner Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm L Brain Blast Challenge • 2:00 pm</p>	<p>21 L Experiments with Painting • 12:00 pm</p>
<p>23 V National Care Giver Month Presentation • 10:00 am L V Chair Yoga • 11:00 am L V Core On The Floor • 12:00 pm L Movies in the Afternoon • 2:30 pm</p>	<p>24 L V Personal Fitness Training • 9:00 am V Meditation • 10:00 am V Gel Transfer • 10:00 am V Your Best Life • 2:00 pm V Artist Trading Cards • 3:00 pm</p>	<p>25 V Balance & Easy Movement • 10:00 am V Art In Action Series #3 • 11:00 am L V Share Your Blessings • 1:00 pm L V CoreFit • 3:30 pm</p>	<p>26  HAPPY THANKSGIVING</p>	<p>27 L Puppets with Vy • 10:00 am L V AgeStrong • 10:00 am L V Beginner Line Dancing • 12:30 pm V Puppets with Vy • 1:30 pm</p>	<p>28 L Experiments with Painting • 12:00 pm</p>
<p>30 L V Chair Yoga • 11:00 am L V Core On The Floor • 12:00 pm L V Sun Style Tai Chi • 2:00 pm V Brain Blast Challenge • 3:00 pm</p>	<p>1</p>	<p>3</p>	<p>3</p>	<p>4</p>	<p>5</p>