

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*All programs require sign-up.					10 AM – 12 PM Tai Chi 1 10 AM – 3 PM Studio Art \$ 6:30 – 9 PM Ballroom Dance \$
8 – 11 AM Crochet/Knit 3 9 AM – 1 PM Library Social Worker 10 – 11 AM Leah’s Exercise 10 – 11 AM Pool Time 11:15 AM – 12:15 PM Color & Conversation 11:30 AM – 1 PM Line Dance 2 – 3:15 PM Cookie Social	9:30 – 10:30 AM Karaoke 4 10 AM – 12 PM Tai Chi 10 AM – 3 PM Studio Art \$ 10:30 – 11:30 AM Rock Steady Boxing \$ 10:30 AM – 4 PM American Mahjong 12 – 1 PM Gentle Be Moved 12 – 3 PM Bridge 6:30 – 9 PM Clogging \$	9 – 10 AM Leah’s Exercise 5 9 AM – 12 PM Sewing \$ 9:45 – 10:45 AM Blood Pressure Checks 10 – 11 AM Pool Time 10 – 11 AM Silver Bells Senior Choir 10 AM – 3 PM Central FL Korean Association 10:30 AM – 12 PM Line Dance 12:30 – 3:30 PM Sewing \$	8:50 – 9:50 AM Gentle Be Moved 6 10 AM – 12 PM Arts & Crafts Hangout 10:30 AM – 12 PM Line Dance 10:30 – 11:30 AM Rock Steady Boxing \$ 1 – 4 PM Game Time 6:30 – 9 PM Clogging \$	8:30 – 9 AM Walking Club 7 9 – 10 AM Leah’s Exercise 9 AM – 2 PM Retired Engineers Association of Lockheed Martin 10 AM – 12 PM Writer’s Critique Group 10:30 – 11:30 AM Yoga \$ 12 – 3:30 PM Bridge 1 – 3 PM Beardall Dance Party \$	10 AM – 12 PM Tai Chi 8 10 AM – 2 PM Embroidery Guild of America 10 AM – 3 PM Studio Art \$
8 – 11 AM Crochet/Knit 10 9:30 AM – 12 PM Orange County Retired Educators Association 10 – 11 AM Leah’s Exercise 11:15 AM – 12:15 PM Color & Conversation 11:30 AM – 1 PM Line Dance	8:45 - 9:45 AM Veteran’s Day Celebration 11 9:30 – 10:30 AM Karaoke 10 AM – 12 PM Tai Chi 10 AM – 3 PM Studio Art \$ 10:30 – 11:30 AM Rock Steady Boxing \$ 10:30 AM – 4 PM American Mahjong 12 – 1:15 PM Technology Class 12 – 3 PM Bridge	9 – 10 AM Leah’s Exercise 12 9 AM – 12 PM Sewing \$ 10 – 11 AM Silver Bells Senior Choir 10 AM – 3 PM Central FL Korean Association 10:30 AM – 12 PM Line Dance 10:30 AM – 12 PM Movie 12:30 – 3:30 PM Sewing \$	8:50 – 9:50 AM Gentle Be Moved 13 10 AM – 12 PM Arts & Crafts Hangout 10 AM – 2 PM Hand & Foot 10:30 AM – 12 PM Line Dance 10:30 – 11:30 AM Rock Steady Boxing \$ 12 – 1:15 PM Technology Class 6:30 – 9 PM Clogging \$	8:30 – 9 AM Walking Club 14 9 – 10 AM Leah’s Exercise 9 AM – 2 PM Retired Engineers Association of Lockheed Martin 10 AM – 12 PM Writer’s Critique Group 10:30 – 11:30 AM Yoga \$ 12 – 3:30 PM Bridge	10 AM – 12 PM Tai Chi 15 10 AM – 3 PM Studio Art \$ 12:30 – 2:30 PM Artist League of Orange County
8 – 11 AM Crochet/Knit 17 10 – 11 AM Leah’s Exercise 11:15 AM – 12:15 PM Color & Conversation 11:30 AM – 1 PM Line Dance	9:30 – 10:30 AM Karaoke 18 10 AM – 12 PM Tai Chi 10 AM – 3 PM Studio Art \$ 10:30 – 11:30 AM Rock Steady Boxing \$ 10:30 AM – 4 PM American Mahjong 12 – 1 PM Gentle Be Moved 12 – 1:15 PM Technology Class 12 – 3 PM Bridge	9 – 10 AM Leah’s Exercise 19 9:45 – 10:45 AM Blood Pressure Checks 9 AM – 12 PM Sewing \$ 10 – 11 AM Silver Bells Senior Choir 10 AM – 1 PM Central FL African Violets Society 10 AM – 3 PM Central FL Korean Association 10:30 AM – 12 PM Line Dance 12:30 – 3:30 PM Sewing \$ 6:30 – 8 PM TBI Support Group	8:50 – 9:50 AM Gentle Be Moved 20 10 AM – 12 PM Arts & Crafts Hangout 10:30 AM – 12 PM Line Dance 10:30 – 11:30 AM Rock Steady Boxing \$ 12 – 1:15 PM Technology Class 1 – 4 PM Game Time 1:30 – 3 PM Book Club 6:30 – 9 PM Clogging \$	8:30 – 9 AM Walking Club 21 9 – 10 AM Leah’s Exercise 9 AM – 2 PM Retired Engineers Association of Lockheed Martin 10 AM – 12 PM Writer’s Critique Group 10:30 – 11:30 AM Yoga \$ 12 – 3:30 PM Bridge 1 – 3 PM B.I.N.G.O.	10 AM – 12 PM Tai Chi 22 10 AM – 2 PM Embroidery Guild of America 10 AM – 3 PM Studio Art \$
8 – 11 AM Crochet/Knit 24 10 – 11 AM Leah’s Exercise 11:15 AM – 12:15 PM Color & Conversation 11:30 AM – 1 PM Line Dance 11:30 AM – 1 PM Thanksgiving Birthday Party (RSVP Required by Nov. 17) 3 – 4 PM Senior Council Meeting	9:30 – 10:30 AM Karaoke 25 10 AM – 12 PM Tai Chi 10 AM – 3 PM Studio Art \$ 10:30 – 11:30 AM Rock Steady Boxing \$ 10:30 AM – 4 PM American Mahjong 12 – 1:15 PM Technology Class 12 – 3 PM Bridge	9 – 10 AM Leah’s Exercise 26 9 AM – 12 PM Sewing \$ 10 – 11 AM Silver Bells Senior Choir 10 AM – 3 PM Central FL Korean Association 10:30 AM – 12 PM Line Dance 12:30 – 3:30 PM Sewing \$ 6:30 – 8 PM TBI Games	8:50 – 9:50 AM Gentle Be Moved 27 10 AM – 12 PM Arts & Crafts Hangout 10:30 AM – 12 PM Line Dance 10:30 – 11:30 AM Rock Steady Boxing \$ 12 – 1:15 PM Technology Class 1 – 4 PM Game Time 1:30 – 3 PM Book Club 6:30 – 9 PM Clogging \$ 	8:30 – 9 AM Walking Club 28 9 – 10 AM Leah’s Exercise 9 AM – 2 PM Retired Engineers Association of Lockheed Martin 10 AM – 12 PM Writer’s Critique Group 10:30 – 11:30 AM Yoga \$ 12 – 3:30 PM Bridge 1 – 3 PM B.I.N.G.O. 	10 AM – 12 PM Tai Chi 29 10 AM – 3 PM Studio Art \$