

November

DAILY: 11:30am – 12:30pm LUNCH

MONDAY

9:00–10:00am Evidence Based Exercise Class, Treva Johnson, Instructor

10:30am – 1:30pm Drawing and Painting with Pat Soto

**10:10am – 12:10 -- Evidence Based Exercise Class,
Raphaela J. Rawls Instructor**

12:10 -1:10pm Silver Sneakers – Raphaela J. Rawls, Instructor

2:00pm – 3:30pm Sewing Class – Professor Deborah Broadous

2:30 – 3:30pm Quilting with Deborah

TUESDAY

**9:00am –10:00am Evidence Based Exercise Class
Treva Johnson, Instructor**

9:30 a.m. Tuesday –October 7 Kidney Foundation Presentation

10:30am –1 pm. – Drawing and Painting with Pat Soto

**10:30am – 11:30am - Evidence Based Exercise Class
Raphaela J. Rawls, Instructor**

12Noon – 1:00pm Silver Sneakers, RJ, Instructor

11:00am–2:00pm Crochet & Knitting Group

WEDNESDAY

9:00–10:00am Evidence Based Exercise Class, Treva Johnson, Instructor

10:30am - 11:30am Bingo, with Curtis

10:30am – 11:30a.m Knitting and Crocheting

1pm – 3pm Karaoke with Vivian and Tom

THURSDAY

9:00–10:00am Evidence Based Exercise Class, Treva Johnson, Instructor

10:30a.m. - 1:30am Knitting and Crocheting

10:30am -1:30pm – Drawing and Painting with Pat Soto

1pm Cindy's Afternoon Special

FRIDAY

9:00–10:00am Evidence Based Class, Treva Johnson, Instructor

10:30 – 11:30am Bingo, with Curtis

1pm – 3pm Karaoke with Tom