

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday





*November 2018*

Birthday's Daryl – 2<sup>nd</sup> Verena 10<sup>th</sup>

<p>4</p> <p>Mass @ 9:45 AM</p> <p>Daylight Saving Time Ends</p>	<p>5</p> <p>Sit &amp; Stretch @ 9:30 AM</p> <p>Groceries @ 1:00 PM</p>	<p>6</p>	<p>7</p> <p>Balance @ 9:30 AM</p> <p>Birthday Party @ 2:00 PM</p>	<p>8</p> <p>Paint Class @ 1:00 PM @ Art Studio</p> <p>Word &amp; Song @ 6:30 PM</p>	<p>9</p> <p>Strength @ 9:45 AM</p> <p>Blood Pressure @ 9:30 AM</p>	<p>10</p> <p>Happy Birthday Verena</p>
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<p>11</p> <p>Mass @ 9:45 AM</p> <p>Veterans Day (US) Remembrance Day (Canada)</p>	<p>12</p> <p>Sit &amp; Stretch @ 9:30 AM</p> <p>Groceries @ 1:00 PM</p>	<p>13</p>	<p>14</p> <p>Balance @ 9:30 AM</p>	<p>15</p> <p>Word &amp; Song @ 6:30 PM</p>	<p>16</p> <p>NO CLASS</p> <p>Happy Hour @ 2:00 PM</p>	<p>17</p>
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<p>18</p> <p>Mass @ 9:45 AM</p>	<p>19</p> <p>NO CLASS</p> <p>Groceries @ 1:00 PM</p>	<p>20</p>	<p>21</p> <p>Balance @ 9:30 AM</p>	<p>22</p> <p>Happy Thanksgiving</p>  <p>Thanksgiving Day (US)</p>	<p>23</p> <p>NO CLASS</p>	<p>24</p>
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<p>25</p> <p>Mass @ 9:45 AM</p>	<p>26</p> <p>Sit &amp; Stretch @ 9:30 AM</p> <p>Groceries @ 1:00 PM</p>	<p>27</p>	<p>28</p> <p>Balance @ 9:30 AM</p> <p>Kitchen Buffet @ 11:00 AM</p>	<p>29</p> <p>Word &amp; Song @ 6:30 PM</p>	<p>30</p> <p>Strength @ 9:45 AM</p> <p>Coffee &amp; Donuts @ 9:00 AM</p>	
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