

## NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>2</b> 10:00 Silver Sneakers "Sew-cial" 10:0 to 3:00 12:30 Bridge 1:00 Games	<b>3</b> 9:00 ZUMBA Gold  <b>FRAUD WATCH</b> <b>Work Shop</b> <b>11:00-12:00</b> 1:00 Games	<b>4</b> Health Main Clinic 9:00 to 1:00  12:30 Bingo
<b>7</b> 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i>	<b>8</b> 9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>9</b> 10:00 Silver Sneakers <u>QUILT OF VALOR</u> <u>PRESENTATION</u>  <u>11:00AM</u> Celebrate all Vets! 12:30 Bridge	<b>10</b> 9:00 ZUMBA Gold  <i>News U can Use</i> <i>(following lunch)</i> 1:00 Games	<b>11</b> CLOSED VETERANS DAY.  
<b>14</b> Johnston Senior Adv. Board 1:00 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i>	<b>15</b> 9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>16</b> 10:00 Silver Sneakers  "Sew-cial" 10-3 12:30 Bridge  	<b>17</b> 9:00 ZUMBA Gold Thanksgiving Meals  <i>Nutrition News</i> <i>(following lunch)</i> 1:00 Games	<b>18</b> 12:30 Bingo  Guest/Sadie <i>(Freedom Health                      Care-Blackout)</i>
<b>21</b> 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i>	<b>22</b> 9:30 Mah Jongg YOGA 9:30 & 10:45 VNS-10:30-12:00 Blood Pressure Check	<b>23</b> <b>NO</b> <u>SILVERSNEAKERS</u>  "Sew-cial" 10-3 12:30 Bridge 1:00 Games	<b>24</b> CLOSED    HAPPY THANKSGIVING	<b>25</b>  CLOSED BLACK FRIDAY
<b>28</b> 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet)</i>	<b>29</b> 9:30 Mah Jongg YOGA 9:30 & 10:45  Eyerly-Ball <i>(following lunch)</i>	<b>30</b> 10:00 Silver Sneakers "Sew-cial" <i>(sewing-quilting )</i> 10:0 to 3:00 12:30 Bridge 1:00 Games	<b>31</b> 9:00 ZUMBA Gold  1:00 Games	Lunch Served Daily At 12:00 noon. Call 515-251-3707 For Reservations. <i>(24 hour advance                      notice required)</i> Thank you.

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