

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/1 10:00 Stay Well Exercise-Virtual And In Person 11:00 Walking Club 1:00 Men's Group-Virtual 1:00 Bingo-In Person	11/2 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Knitting –In Person	11/3 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 1:00 Bliss Fit-In Person & Virtual	11/4 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Chair Yoga-In Person & Virtual 3:30 General Membership Meeting Virtual	11/5 10:00 Stay Well Exercise-Virtual And In Person 10:30 Concert-In Person 1:00 Current Events Up Date In Person
11/8 9:30 Jacob's Philosophy Discussion-Virtual 10:00 Stay Well Exercise-Virtual And In Person 11:00 Walking Club 1:00 Men's Group-Virtual 1:00 Bingo-In Person	11/9 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:30 Lecture –In Person 11:00 Hebrew Short Stories-Virtual 1:00 General Membership Meeting 1:00 Knitting –In Person	11/10 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:30 Educational Talk-In Person 1:00 Bliss Fit-In Person & Virtual	11/11 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Chair Yoga-In Person & Virtual	11/12 10:00 Stay Well Exercise-Virtual And In Person 10:30 Concert-In Person 1:00 Fitness Class-Virtual 1:00 Current Events Up Date In Person
11/15 9:30 Jacob's Philosophy Discussion-Virtual 10:00 Stay Well Exercise-Virtual And In Person 11:00 Walking Club 1:00 Men's Group-Virtual 1:00 Bingo-In Person	11/16 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:00 Painting Class 11:00 Hebrew Short Stories-Virtual 11:30 Celebrating Our Member November Birthdays 1:00 Knitting –In Person 1:15 Musical Entertainment 	11/17 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:30 Comedy Show-In Person 1:00 Bliss Fit-In Person & Virtual	11/18 10:00 Stay Well Exercise-Virtual 10:15 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Chair Yoga-In Person & Virtual 1:00 Book Club-Virtual	11/19 10:00 Stay Well Exercise-Virtual And In Person 10:30 Concert-In Person 1:00 Current Events Up Date In Person
11/22 9:30 Jacob's Philosophy Discussion-Virtual 10:00 Stay Well Exercise-Virtual And In Person 11:00 Walking Club 1:00 Men's Group-Virtual 1:00 Bingo-In Person	11/23 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:00 Painting Class 11:00 Hebrew Short Stories-Virtual 11:30 Thanksgiving Luncheon 1:00 Knitting –In Person 12:30 Concert & 1:30 Concert	11/24 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:30 Singer/Concert-In Person 1:00 Bliss Fit-In Person & Virtual 2:00 Health Talk-Virtual	11/25 <b>CLOSED</b> <b>THANKSGIVING DAY</b> 	11/26 <b>CLOSED</b>
11/29 9:30 Jacob's Philosophy Discussion-Virtual 10:00 Stay Well Exercise-Virtual And In Person 11:00 Walking Club 1:00 Men's Group-Virtual 1:00 Bingo-In Person	11/30 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:00 Painting Class 11:00 Hebrew Short Stories-Virtual 11:00 Lecture on Health-In Person 1:00 Knitting –In Person 1:00 Short Stories Class-In Person	<h1>NOVEMBER 2021</h1>	<h2>LUNCH SERVED EVERYDAY AT 11:45 AM</h2>	 <p><b>New Beginnings</b> Center for Contemporary Adults 60+ at Riverdale Y</p>