

Monday	Tuesday	Wednesday	Thursday	Friday
RSVP Required for Lunches and Special Events 949-709-7592				
*For special programs, priority is given to regular lunch participants.				
**Activities calendar subject to change without notice				
3	4	5	6	7
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ *Lunch with the Law  12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:00 Coffee, Donuts & Medicare with Michael Lemus 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
10	11	12	13	14
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	CLOSED for VETERANS DAY We thank our service members.	10:00 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Preparing for Emergencies 6:00 <i>Veterans Reception</i> 7:00 <i>Veterans Recognition</i> Quiet Lounge & City Hall	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
17	18	19	20	21
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 10:00 Coffee, Donuts & Medicare with Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 *Art for All Ages RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Hula Dancing with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:20 *Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks
24	25	26	27	28
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 *Age Well Lunch 60+ Thanksgiving Luncheon Entertainment by Elliot Battle 12:00 Mahjong (bring own tiles)	10:00 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	CLOSED Happy Thanksgiving	CLOSED 