

NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 DAYLIGHT SAVINGS - FALL BACK 4PM Mass @ St. Michael's
3	4 9:30 ZUMBA GOLD 1:30 TAI CHI	5 9:15 FIT FOR LIFE 12:00 LUNCH	6	7 9:15 CHAIR YOGA 12:00 LUNCH 12:30 CARDS <u>1:00 SHINE</u>	8 10:00 TAP DANCING 1:00 <u>Hearing Exams</u>	9 4:30 p.m. <i>Ham & Bean Supper - Avon Baptist Church</i>
10 9 AM Mass at St. Michael's	11 VETERAN'S DAY TOWN OFFICES CLOSED	12 9:15 FIT FOR LIFE 12:00 LUNCH 12:30 CARDS	13	14 9:15 CHAIR YOGA 12:00 LUNCH 12:00 <u>Blood Pressure Clinic</u> 12:30 CARDS 12:30 COA BOARD MEETING	15 10:00 TAP DANCING 12:00 MOVIE – The Great Gatsby	16
17 9 AM Mass at St. Michael's	18 9:30 ZUMBA GOLD 1:30 TAI CHI	19 9:15 FIT FOR LIFE NO LUNCH TODAY 1:00 <u>Ask a Lawyer</u>	20 <i>12:00 Ecumenical Luncheon – Avon Baptist Church</i>	21 9:15 CHAIR YOGA 12:00 Thanksgiving Luncheon 12:30 CARDS	22 10:00 TAP DANCING	23 4:30 p.m. <i>POT ROAST Supper - Avon Baptist Church</i>
24 9 AM Mass at St. Michael's	25 9:30 ZUMBA GOLD 1:30 TAI CHI	26 9:15 FIT FOR LIFE 12:00 LUNCH 12:30 CARDS	27	28 	29 CLOSED TO PUBLIC – NO VAN RIDES	30