

# November 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
	<p>1</p> <p>9:00 Tai Chi for Falls Prevention -Adv. Beg.</p> <p>9:30 Knitters @ CM</p> <p>10:30 Better Balance</p> <p>12:00 Dinner &amp; Halloween Sing A Long</p> <p>1:00 Bridge</p> <p>2:00 Guitar</p>	<p>2</p> <p>9:00 Bone Builders</p> <p>10:30 Tai Chi Practice</p> <p>1:15 SUN 73 Tai Chi</p> <p>3:00 Creative Writing</p> <p>7:00 Take Note Singing Group</p>	<p>3</p> <p>8:30-9:45 Yoga</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>2:00 Walking Challenge Celebration</p>	<p>4</p> <p>9:00 Bone Builders</p> <p>9:30 Knitters @ CCC</p> <p>10:30 NO Tai Chi</p> <p>1:15 SUN 73 Tai Chi</p> <p>2:00 Secret Sketch Party</p> <p>6:00 Ukulele</p>	<p>5</p> <p>9:00 Coffee Hour</p> <p>9:30 Mah Jongg</p> <p>10:30 Better Balance</p> <p>11:00 Scrabble</p>	<p>6</p>	
7	<p>8</p> <p>9:00 Tai Chi for Falls Prevention -Adv. Beg.</p> <p>9:30 Knitters @ CM</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>1:00 Bridge</p> <p>2:00 Guitar</p>	<p>9</p> <p>9:00 Bone Builders</p> <p>10:30 Tai Chi Practice</p> <p>1:15 SUN 73 Tai Chi</p> <p>1:30 Zentangle</p> <p>3:00 Creative Writing</p> <p>7:00 Take Note Singing Group</p>	<p>10</p> <p>8:30-9:45 Yoga</p> <p>10:30 Better Balance</p> <p>12:00 Harvest Dinner &amp; Program "Forest Community" (1:00)</p> <p>1:30 Great Courses Skeptics Guide to American History- Zoom</p>	<p>11</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p>12</p> <p>9:00 Coffee Hour</p> <p>9:30 Mah Jongg</p> <p>10:30 Better Balance</p> <p>11:00 Scrabble</p>	<p>13</p>  <p><b>Holiday Craft Fair</b> 9:00-3:00</p>	
14	<p>15</p> <p>9:00 Tai Chi for Falls Prevention -Adv. Beg.</p> <p>9:30 Knitters @ CM</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>1:00 Bridge</p> <p>2:00 Guitar</p>	<p>16</p> <p>9:00 Bone Builders</p> <p>10:30 Tai Chi Practice</p> <p>1:15 SUN 73 Tai Chi</p> <p>3:00 Creative Writing</p> <p>7:00 Take Note Singing Group</p>	<p>17</p> <p>8:30-9:45 Yoga</p> <p>10:30 Better Balance</p> <p>11:00 BP screening</p> <p>12:00 THANKSGIVING/ BIRTHDAY Dinner</p> <p>1:30 Great Courses NO CLASS</p>	<p>18</p> <p>9:00 Bone Builders</p> <p>9:30 Knitters @ CCC</p> <p>10:30 Tai Chi -Qigong Tiger Form</p> <p>1:00 Foot Clinic</p> <p>1:15 SUN 73 Tai Chi</p> <p>2:00 Secret Sketch Party</p> <p>6:00 Ukulele</p>	<p>19</p> <p>9:00 Coffee Hour</p> <p>9:30 Mah Jongg</p> <p>10:30 Better Balance</p> <p>11:00 Scrabble</p>	<p>20</p>	
21	<p>22</p> <p>9:00 Tai Chi for Falls Prevention -Adv. Beg.</p> <p>9:30 Knitters @ CM</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>1:00 Bridge</p> <p>2:00 Guitar</p>	<p>23</p> <p>9:00 Bone Builders</p> <p>10:30 Tai Chi Practice</p> <p>1:15 SUN 73 Tai Chi</p> <p>3:00 Creative Writing</p> <p>7:00 Take Note Singing Group</p>	<p>24</p> <p>8:30-9:45 Yoga</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>1:30 Great Courses Skeptics Guide to American History- Zoom</p>	<p>25</p> <p style="text-align: center;"><b>HAPPY THANKSGIVING</b></p>  <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p>26</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p>27</p>	
28	<p>29</p> <p>9:00 Tai Chi for Falls Prevention -Adv. Beg.</p> <p>9:30 Knitters @ CM</p> <p>10:30 Better Balance</p> <p>12:00 Dinner</p> <p>1:00 Bridge</p> <p>2:00 Guitar</p>	<p>30</p> <p>9:00 Bone Builders</p> <p>10:30 Tai Chi Practice</p> <p>1:15 SUN 73 Tai Chi</p> <p>3:00 Creative Writing</p> <p>7:00 Take Note Singing Group</p>					

*Refer to program descriptions in the Newsletter for details*