



November 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	2 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	3 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	4 9:00-11 Coffee Hour 10:30 Better Balance 12:00 Game Day <i>Send your walking miles</i>	5
6	7 10:30 Better Balance 11:00 Guitar 11:30 SASH Blood Pressure Screening 12:00 Birthday Dinner 1:00 Bridge 7:30 AA	8 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	9 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 Lunch & Learn Presentation on Adapting to Aging	10 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	11 Closed 	12  Holiday Craft Fair 9-3
13	14 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 1:00 Fluid Art Workshop 7:30 AA	15 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	16 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner 2:00 Walking Challenge Celebration	17 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi 6:00 Ukulele	18 9:00-11 Coffee Hour 10:30 Better Balance 12:00 Thanksgiving Dinner with CU Baseball Team	19
20	21 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 3:00 Book Club 7:30 AA	22 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	23 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner	24 Closed Happy Thanksgiving 	25 Closed	26
27	28 10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 1:00 Bridge 7:30 AA	29 9:00 Bone Builders 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Sewing Circle 3:00 Creative Writing 7:30 WAA	30 8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner			

Refer to the program descriptions for details