



NOVEMBER 2023

NORTH WARREN



** Please join us for lunch immediately after at 12pm!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		 Chronic Pain Management	ZUMBA WITH SANDY 11am	ROSEMARY 
6	7	8	9	10
YOGA WITH LIZ 11am	Holiday Closed 	 Chronic Pain Management	Kim & Liz 	 Veterans Day Holiday Closed
13	14	15	16	17
YOGA WITH LIZ 11am		MUSIC WITH MAXINE 	ZUMBA WITH SANDY 11am	ROSEMARY 
20	21	22	23	24
YOGA WITH LIZ 11am		<i>Gisela Singing</i> 	Holiday Closed 	 Thankful Thanksgiving Holiday Closed
27	28	29	30	
YOGA WITH LIZ 11am		A Better You A Better Tomorrow 11am	ZUMBA WITH SANDY 11am Birthday Celebrations	