







November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983.</p> 				<p>8:30 Board Meeting 9:30 Exercise (PR Rita J.) Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)</p>	<p>10:00 - 12:00 Crafters (PR Pat Jenkins)</p>
5	6	7	8	9	10	11
<p>Daylight Saving Time ends. Move your Clocks Back</p> 	<p>1:00 Dominoes 6:00 to 9:30 PM CERT Training</p>	<p>1:00 Bingo/ Cards</p> 	<p>10:00 Photography (Sharon Prescott) 1:00 History</p>	<p>9:30 Exercise (PR Rita J.) Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.) 10:45 Writing (PR Houston S.)</p>	<p>1:00 - 3:30 Senior Resource Center and the Pungo-Blackwater Library</p> 
12	13	14	15	16	17	18
	<p>1:00 Bingo/ Cards 6:00 to 9:30 PM CERT Training</p>	<p>11:00 to 1:00 PM Flu Shots will be available from Sentara 1:00 Bingo/ Cards</p>	<p>10:00 Antique Road Show (Pr. Jim Oglesby) Angel Tags for Gifts will be available</p>	<p>9:30 Exercise (PR Rita J.) No Line Dance Class 1:00 - 3:00 pm Kathleen Redmond-Rep. Scott Taylor's Caseworker</p>	<p>9:30 Yoga (PR Linda T.) 10:45 Conversations "Topic TBD" (PR Houston S.)</p>	<p>9:00-2:00 PM Oak Grove Baptist Church Craft Show</p> <p>6:30 - 9:00 pm Game Night (PR Jo-Anne R. & Rita T.)</p>
19	20	21	22	23	24	25
	<p>1:00 Dominoes 6:00 to 9:30 PM CERT Training</p>	<p>9:30 Blood Pressure Testing 10:00 JOY, Aging Fabulously! Shawn Buckon Senior Corps Pot Luck to follow (PR Juanita S.) 1:00 Bingo/ Cards</p>	<p>1:00 History</p>	<p>Thanksgiving Day 1:00 Thanksgiving Dinner at the SRC (PR Sara S.)</p> 	<p>9:30 Yoga (PR Linda T.) 10:45 Writing (PR Houston S.)</p> 	
26	27	28	29	30		
	<p>1:00 Dominoes</p>	<p>1:00 Bingo/ Cards</p>	<p>11:00 Sentara Fall Prevention - Pot Luck to follow (PR Nancy A.)</p>	<p>9:30 Exercise (PR Rita J.) Line Dance Class Beginning 12:30 - 1:15 pm Regulars 1:30 - 3:30pm (Pr. Rita T)</p>	<p>9:30 Yoga (PR Linda T.)</p>	