

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15am Exercise w/Kathy 11:00am Bingocize</p> <p>1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele</p>	<p>2</p> <p>9:00am Yoga w/ Deb</p> <p>1:30pm Family Face Off</p> <p>6:00pm Boxing & Balance</p>	<p>3</p> <p>9:00am Tai Chi w/Kathy 10:00am Hand Drumming 11:00am Zumba w/Anna</p> <p>1:00pm Watercolor Painting "Announcing Rooster"</p>	<p>4</p> <p>9:15am Drumbeats & Movement w/ Wendy 9:15am Exercise w/Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo</p>	<p>5</p> <p>9:00am Technology Class – "Smartphone Photography" 9:30am Tombola Bingo 11:00am Move Your Body w/ Wendy 12:00pm Pilates</p>
<p>8</p> <p>9:15am Exercise w/Kathy 11:00am Bingocize</p> <p>1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele</p> <p>6:00pm Acrylic Paint</p>	<p>9</p> <p>9:00am Yoga w/ Deb 10:00am Acrylic Painting "Autumn Leaves" 1:30pm Family Face Off 6:00pm Boxing & Balance</p>	<p>10</p> <p>9:00am Tai Chi w/Kathy 11:00am Zumba w/Anna 11:00am – 1:30pm Drumming Jam Session at Kiwanis Pavilion – must preregister 1:00pm Watercolor Painting "Georgia O'Keefe Poppy"</p>	<p>11</p> <p>9:15am Drumbeats & Movement w/ Wendy 9:15am Exercise w/Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo</p>	<p>12</p> <p>9:00am Technology Class – "Finding Holiday Deals on Technology" 9:30am Trivia with Starr 11:00am Move Your Body w/ Wendy 12:00pm Pilates</p>
<p>15</p> <p>9:15am Exercise w/Kathy 11:00am Bingocize</p> <p>1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele</p> <p>6:00pm Acrylic Paint</p>	<p>16</p> <p>9:00am Yoga w/ Deb 10:00am Acrylic Painting "Van Gogh's Sunflowers" 1:30pm Family Face Off 2:00 – 4:00pm Healthy Steps for Older Adults 6:00pm Boxing & Balance</p>	<p>17</p> <p>9:00am Tai Chi w/Kathy 10:00am Hand Drumming 11:00am Zumba w/Anna 2:00 – 4:00pm Healthy Steps for Older Adults 1:00pm Watercolor Painting "Fox and Aurora Borealis"</p>	<p>18</p> <p>9:15am Drumbeats & Movement w/ Wendy 9:15am Exercise w/Kathy 10:00am Advanced Beginner Ukulele 11:00am Bingocize 1:30pm Bingo</p>	<p>19</p> <p>9:00am Technology Class- "Thanksgiving and Technology" 9:30am "Finish the Sentence" game with Starr 12:00pm Pilates</p>
<p>22</p> <p>9:15am Exercise w/Kathy 11:00am Bingocize</p> <p>1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele</p> <p>6:00pm Acrylic Paint</p>	<p>23</p> <p>9:00am Yoga w/ Deb 10:00am Acrylic Painting "Family Wreath" 1:30pm Family Face Off 6:00pm Boxing & Balance</p>	<p>24</p> <p>9:00am Tai Chi w/Kathy 10:00am Hand Drumming 11:00am Zumba w/Anna</p> <p>1:00pm Gratitude Accordion Book with Pockets</p>	<p>25</p> <p>Happy Thanksgiving!</p> 	<p>26</p> <p>11:00am Move Your Body w/ Wendy</p>
<p>29</p> <p>9:15am Exercise w/Kathy 11:00am Bingocize</p> <p>1:00pm Beginner Ukulele 2:00pm Beginner II Ukulele</p> <p>6:00pm Acrylic Paint</p>	<p>30</p> <p>9:00am Yoga w/ Deb 10:00am Acrylic Painting "Modern Fall Landscape" 1:30pm Family Face Off 6:00pm Boxing & Balance</p>	 <p style="text-align: center;">November 2021 LCOA VIRTUAL CONNECTIONS</p>		