

November 2023

October 2023

December 2023

<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>	<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>
24	25	26	27	28	29	30	26	27	28	29	30	1	2
1	2	3	4	5	6	7	3	4	5	6	7	8	9
8	9	10	11	12	13	14	10	11	12	13	14	15	16
15	16	17	18	19	20	21	17	18	19	20	21	22	23
22	23	24	25	26	27	28	24	25	26	27	28	29	30
29	30	31	1	2	3	4	31	1	2	3	4	5	6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Tai Chi (Video) Chair Yoga Carol's Coffee Chat (Zoom) Line Dancing Rueda Neighborhood Group Social	31 Halloween Balance & Strengthening Balance & Strength +Core	1 Stretch & Balance Chair Yoga Village Golfers Bridge Group Social/Membership Committees Joint Planning Meeting	2 Balance & Strengthening Mah Jongg	3 Village Vocals Music Group Chair Yoga Fun & Games	4
5 Daylight Savings Time Ends	6 Tai Chi (Video) Chair Yoga Carol's Coffee Chat (Zoom) Member Meeting	7 Balance & Strengthening Balance & Strength +Core Eating Well	8 Stretch & Balance Board Retreat Chair Yoga Village Golfers Bridge Group Bunko	9 Balance & Strengthening Mah Jongg Village Book Club	10 Village Vocals Music Group Chair Yoga Fun & Games	11 Veterans Day / Remembrance Day
12	13 Tai Chi (Video) Chair Yoga Carol's Coffee Chat (Zoom) Volunteer Shift (JFS)	14 Balance & Strengthening Balance & Strength +Core Core Team Meeting	15 Stretch & Balance Chair Yoga Village Golfers Bridge Group 4:00 PM - Informational Happy Hour	16 Balance & Strengthening Mah Jongg Board Meeting Third Thursday Social	17 Village Vocals Music Group Chair Yoga Fun & Games	18
19	20 Tai Chi (Video) Chair Yoga Carol's Coffee Chat (Zoom)	21 Balance & Strengthening Balance & Strength +Core	22 Stretch & Balance Chair Yoga Village Golfers Bridge Group	23 Thanksgiving VMC CLOSED FOR HOLIDAY	24 VMC CLOSED FOR HOLIDAY	25
26	27 Tai Chi (Video) Chair Yoga Carol's Coffee Chat (Zoom)	28 Balance & Strengthening Balance & Strength +Core Care Committee Meeting	29 Stretch & Balance Chair Yoga Village Golfers Bridge Group	30 Balance & Strengthening Mah Jongg	1 Village Vocals Music Group Chair Yoga Fun & Games	2