

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <i>Line Dancing</i> 1pm / Spiritual Book Club 2pm / SHINE</p>	<p>3 Chair exercise 10am / <i>Chair yoga</i> 10am \$3 / Games & Conversations 11am / <i>Chair exercise</i> 1:30pm / Self Care 2:30pm</p>	<p>4 <i>Men's Group</i> 10am / BINGO 11am / <i>Chorus</i> 11am / <i>Motion to Music</i> 11:30am / <i>Bellingham History</i> 1pm</p>	<p>5 <i>Yoga</i> 9:30am \$5 / Chair exercise 10am. / <i>Drive-by-Cookout</i> noon-2pm / Supportive Day Program Hour 1pm / Women's Wellness 1:30pm</p>	<p>6 <i>Walking Club</i> 8am / <i>Senior Dance Exercise</i> 9:30am \$5</p>
<p>9 <i>Line Dancing</i> 1pm / Spiritual Book Club 2pm</p>	<p>10 Chair exercise 10am / <i>Chair yoga</i> 10am \$3 / COA Board Meeting 11am / <i>Chair exercise</i> 1:30pm / Self Care 2:30pm</p>	<p>11</p> 	<p>12 <i>Yoga</i> 9:30am \$5 / Chair exercise 10am. / <i>Drive-by-Cookout</i> noon-2pm / Supportive Day Program Hour 1pm / Hearing Healthcare 10am / Women's Wellness 1:30pm</p>	<p>13 <i>Walking Club</i> 8am / <i>Senior Dance Exercise</i> 9:30am \$5</p>
<p>16 <i>Line Dancing</i> 1pm / Spiritual Book Club 2pm / SHINE</p>	<p>17 Chair exercise 10am. / <i>Chair yoga</i> 10am \$3 / Games & Conversations 11am / Self Care 2:30pm / Financial planning 2-4pm</p>	<p>18 <i>Men's Group</i> 10am / BINGO 11am / <i>Chorus</i> 11am / <i>Motion to Music</i> 11:30am / <i>Bellingham History</i> 1pm / Legal advice 2-4pm</p>	<p>19 <i>Yoga</i> 9:30am \$5 / Chair exercise 10am. / <i>Drive-by-Cookout</i> noon-2pm / Supportive Day Program Hour 1pm / Women's Wellness 1:30pm</p>	<p>20 <i>Walking Club</i> 8am / <i>Senior Dance Exercise</i> 9:30am \$5</p>
<p>23 <i>Line Dancing</i> 1pm / Spiritual Book Club 2pm</p>	<p>24 Chair exercise 10am / <i>Chair yoga</i> 10am \$3 / SHINE / Self Care 2:30pm</p>	<p>25 <i>Men's Group</i> 10am / BINGO 11am / <i>Chorus</i> 11am / <i>Motion to Music</i> 11:30am / <i>Bellingham History</i> 1pm / Bereavement Group 4pm</p>	<p>26</p> 	<p>27 Closed for Thanksgiving holiday. 28 Saturday—Memory Café 10am</p>
<p>30 <i>Line Dancing</i> 1pm / Spiritual Book Club 2pm / SHINE</p>	<p>PLEASE NOTE:</p> <ul style="list-style-type: none"> • Outdoor events are in <i>ITALICS</i> • One-on-one events are in BOLD • Zoom events are in REGULAR type 			<p>NOTE: \$2 Senior Lunches continue on Mondays, Wednesdays, and Fridays. Pick up and pay 11:30-12:30pm. Order ahead.</p>