






Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Wednesday Lunch Menu</b>  <b>November 1:</b> Pork Roast Dinner  <b>November 8:</b> Lasagna  <b>November 15:</b> Pasty Pie  <b>November 22:</b> *Deluxe Turkey Dinner  <b>November 29:</b> Shepherd's Pie</p> 		<p><b>1</b>            10:00 Aerobics            10:00 Class of '52  <b>10:00 Blood Pressure</b>            11:30 Center Luncheon  <b>12:00 Cancer Care Presentation</b>            1:00 Great Pretenders</p>	<p><b>2</b>            9:00 Center Breakfast            10:00 Tai Chi for Arthritis            1:00 Cribbage  <b>1:00 NCOA Meeting</b></p>	<p><b>3</b>            10:00 Aerobics            11:00 Soup Luncheon            1:00 Social Bingo</p> <p><b>Deadline:</b>  <b>Pizza Sale Orders</b></p>
<p><b>6</b>            10:00 Aerobics            11:30 CAAM Luncheon            1:00 Pinochle</p> <p><b>Pizza Sale Orders Ready</b></p>	<p><b>7 Election Day</b>            10:00 Wii Bowling            10:00 Tai Chi for Arthritis  <b>11:00 Intergenerational Chess</b>            1:00 Cribbage            1:00 Painting Class</p>	<p><b>8</b>            10:00 Aerobics            11:30 Center Luncheon  <b>12:00 Maintaining Healthy Blood Sugar with Oils</b>            1:00 Great Pretenders</p>	<p><b>9</b>            9:00 Center Breakfast            10:00 Tai Chi for Arthritis  <b>10:30 Commodities</b>            1:00 Cribbage            7:00 City Council</p>	<p><b>10</b>            10:00 Aerobics  <b>11:30 Potluckers</b>            1:00 Social Bingo</p>
<p><b>13</b>            10:00 Aerobics            11:30 CAAM Luncheon            1:00 Pinochle</p>	<p><b>14</b>            10:00 Wii Bowling            10:00 Tai Chi for Arthritis            10:00 Class of '51            1:00 Cribbage            1:00 Painting Class  <b>FootCare— By Appointment</b></p>	<p><b>15</b>            10:00 Aerobics  <b>10:00 Blood Pressure</b>            11:30 Center Luncheon  <b>12:00 Oils &amp; Digestive Health</b>            1:00 Great Pretenders</p>	<p><b>16</b>            9:00 Center Breakfast            10:00 Tai Chi for Arthritis            1:00 Cribbage</p>	<p><b>17</b>            10:00 Aerobics            11:00 Soup Luncheon            1:00 Social Bingo</p> <p><b>Deadline:</b>  <b>Pie Sale Orders</b></p>
<p><b>20</b>            10:00 Aerobics            11:30 CAAM Luncheon            1:00 Pinochle</p>	<p><b>21</b>            10:00 Wii Bowling            10:00 Tai Chi for Arthritis            1:00 Cribbage            1:00 Painting Class            5:30 Planning Commission</p>	<p><b>22</b>            10:00 Aerobics            11:30 Thanksgiving Feast  <b>12:00 Thanksgiving Party</b>            1:00 Great Pretenders</p> <p><b>Cribbage Tournament sign-up deadline</b></p>	<p><b>23</b>  <b>Center Closed</b></p> 	<p><b>24</b>  <b>Center Closed</b></p> 
<p><b>27</b>            10:00 Aerobics            11:30 CAAM Luncheon            1:00 Pinochle  <b>1:00 Parkinsons Support Group</b></p>	<p><b>28</b>            10:00 Wii Bowling            10:00 Tai Chi for Arthritis  <b>12:30 Cribbage Tournament</b>            1:00 Painting Class  <b>FootCare— By Appointment</b></p>	<p><b>29</b>            10:00 Aerobics            11:30 Center Luncheon  <b>12:00 Sunburns to Snowstorms Book Talk</b>            1:00 Great Pretenders</p>	<p><b>30</b>            9:00 Center Breakfast            10:00 Tai Chi for Arthritis            1:00 Cribbage</p>	<p><b>Souper Friday Menu</b>  <b>Nov. 3:</b> Chinese Pork, Beef Barley, Tomato Basil  <b>Nov. 17:</b> Chicken Taco, Hamburger Vegetable, Cheesy Broccoli</p>