




# November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>11:00 ~ M/F ~ Fit &amp; Fall Proof Exercises</p> <p>12:00 ~ M/F ~ COA Nutrition Program</p> <p>12:30 ~ M/F Cards/Bridge</p>	<p>1:00 ~ T/W/Th ~ Wii Bowling</p> <p>4:00 pm ~ Th/Su ~ Zumba Gold (Pioneer Center)</p>			<p>1</p> <p><b>Buck Knife Trip (LV 9:30)</b></p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p> <p>12:30 ~ Pinochle</p>	<p>2</p> <p>3</p> <p>Birthdays Friday</p>	
<p>4</p> 	<p>5</p> <p>11:00 Guest Speaker (Rural Resources)</p>	<p>6</p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p> <p>12:30 PSCA Potluck/Meeting</p>	<p>7</p> <p><b>Colfax Meal Site</b></p> <p>10:30 Creative Wed. (Last One)</p> <p>10:00 SHIBA Visit</p> <p>2:00 PCOA Fund-raising Committee</p>	<p>8</p> <p><b>DOMA Coffee Tour (LV 8:00 AM)</b></p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p> <p>10:30 Red Hats Meeting</p>	<p>9</p> <p>10</p> <p>10:30 ~ ATVP/CV Advocate Table</p> <p>11:30 ~ Veterans Recognition</p>	
<p>11</p>	<p>12</p> <p><b>Center Closed</b></p> 	<p>13</p> <p><b>PSC Breakfast Club (Slice &amp; Biscuit~Moscow)</b></p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p> <p>12:00 COA Lunch</p>	<p>14</p> <p><b>Holiday Bazaar</b></p> <p><b>10:00am-3:00pm</b></p>	<p>15</p>	<p>16</p> <p>17</p> <p>11:30 Kitchen Band</p> <p>12:00 COA Thanksgiving Meal</p> <p>12:30 Bingo</p>	
<p>18</p>	<p>19</p> <p>11:15 Blood Pressure Checks</p>	<p>20</p>	<p>21</p>	<p>22</p> <p><b>Thanksgiving Holidays</b></p> <p><b>Center Closed</b></p> 	<p>23</p> <p>24</p>	
<p>25</p>	<p>26</p> <p>10:30 Newsletter (Mailing Out)</p>	<p>27</p> <p><b>Mega Shopping Trip (LV 10:00 AM)</b></p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p>	<p>28</p> <p>10:00 SHIBA Visit</p> <p>5:30 pm ~ Family Night</p>	<p>29</p> <p>9:00 ~ Tia Ji Quan</p> <p>10:00 ~ Yoga</p> <p>1:00 ~ Pinochle</p>	<p>30</p>	<p>12:30 Cribbage</p>