

# November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Book Club 8:30 Watercolor/Draw 9:30/1:00 Bingo/Exercise 10:00 Bridge 11:30 Hand and Foot 12:00 Beg. Line Dance 1:00 Interm Line Dance 3:00 Yoga 5:30 <b>LUNCH: Salisbury Steak</b>	<b>2</b> Stitchery 9:00 Exercise 10:00 Pinochle 12:30 Watercolor 1:00 Yoga 2:00 <b>Top Dollar Music Dudes 10:00</b> <b>With Live Band/Dancing</b> <b>LUNCH: BBQ Pork Sand</b>	<b>3</b> Blood Pressure 9:00 Pastel/Drawing 10:00 Exercise 10:00 Peer Counseling 10:30 Beg. Line Dance 1:00 Oil Painting 1:30 Interm Line Dance 3:00 <b>LUNCH: Beef &amp; Veggy</b>	<b>4</b> Ceramics 9:30 Exercise 10:00 Canasta 1:00 Beg. Line Dance 1:00 Team Dancing 3:00 Ballroom Dance 5:00 Western Dance 7:30 <b>LUNCH: Mac &amp; Cheese</b>
<b>7</b> Walk for Fitness 9:00 Watercolor 9:30/1:00 Exercise 10:00 Mah-Jongg/Pinochle 12:30 Beg. Line Dance 1:00 Team Dancing 3:00 Tai Chi 5:15 Couple Western Dance 7:00 <b>LUNCH: Polish Sausage</b>	<b>8</b> Book Club 8:30 Watercolor/Draw 9:30/1:00 Bingo/Exercise 10:00 Bridge 11:30 Hand and Foot 12:00 Beg. Line Dance 1:00 Interm Line Dance 3:00 Yoga 5:30 <b>LUNCH: Chicken Thigh</b>	<b>9</b> Stitchery 9:00 Exercise 10:00 Pinochle 12:30 Watercolor 1:00 Yoga 2:00 <b>Top Dollar Music Dudes 10:00</b> <b>With Live Band/Dancing</b> <b>LUNCH: Chicken Alfredo</b>	<b>10</b> Blood Pressure 9:00 Pastel/Drawing 10:00 Exercise 10:00 Peer Counseling 10:30 Beg. Line Dance 1:00 Oil Painting 1:30 Interm Line Dance 3:00 <b>LUNCH: Jolly Times</b>	<b>11</b> 
<b>14</b> Walk for Fitness 9:00 Watercolor 9:30/1:00 Exercise 10:00 Mah-Jongg/Pinochle 12:30 Beg. Line Dance 1:00 Team Dancing 3:00 Tai Chi 5:15 Couple Western Dance 7:00 <b>LUNCH: Meatballs</b>	<b>15</b> Book Club 8:30 Watercolor/Draw 9:30/1:00 Bingo/Exercise 10:00 Bridge 11:30 Hand and Foot 12:00 Beg. Line Dance 1:00 Interm Line Dance 3:00 Yoga 5:30 <b>LUNCH: Salami/Chez San/ Soup</b>	<b>16</b> Stitchery 9:00 Exercise 10:00 Pinochle 12:30 Watercolor 1:00 Yoga 2:00 <b>Top Dollar Music Dudes 10:00</b> <b>With Live Band/Dancing</b> <b>LUNCH: Italian; Chicken Thigh</b>	<b>17</b> Blood Pressure 9:00 Pastel/Drawing 10:00 Exercise 10:00 Peer Counseling 10:30 Beg. Line Dance 1:00 Oil Painting 1:30 Interm Line Dance 3:00 <b>LUNCH: Salisbury Steak</b>	<b>18</b> Ceramic 9:30 Exercise 10:00 Canasta 1:00 Beg. Line Dance 1:00 Team Dancing 3:00 Ballroom Dance 5:00 Western Dance 7:30 <b>LUNCH: Chicken Fajita</b>
<b>21</b> Walk for Fitness 9:00 Watercolor 9:30/1:00 Exercise 10:00 Mah-Jongg/Pinochle 12:30 Beg. Line Dance 1:00 Team Dancing 3:00 Tai Chi 5:15 Couple Western Dance 7:00 <b>LUNCH: Meatloaf</b>	<b>22</b> Book Club 8:30 Watercolor/Draw 9:30/1:00 Bingo/Exercise 10:00 Hand and Foot 11:30 Bridge 12:00 Beg Line Dance 1:00 Interm Line Dance 3:00 Yoga 5:30 <b>LUNCH: Beef Patty</b>	<b>23</b> Stitchery 9:00 Exercise 10:00 Pinochle 12:30 Watercolor 1:00 Yoga 2:00 <b>Top Dollar Music Dudes 10:00</b> <b>With Live Band/Dancing</b> <b>LUNCH: Turkey Pot Roast</b>	<b>24</b> <b>Thanksgiving Day</b>	<b>25</b> <b>Thanksgiving Holiday</b>
<b>28</b> Walk for Fitness 9:00 Watercolor 9:30/1:00 Exercise 10:00 Mah-Jongg/Pinochle 12:30 Beg. Line Dance 1:00 Team Dancing 3:00 Tai Chi 5:15 Couple Western Dance 7:00 <b>LUNCH: Chicken Thigh</b>	<b>29</b> Book Club 8:30 Watercolor/Draw 9:30/1:00 Bingo/Exercise 10:00 Hand and Foot 11:30 Bridge 12:00 Beg Line Dance 1:00 Interm Line Dance 3:00 Yoga 5:30 <b>LUNCH: Spaghetti/Meatballs</b>	<b>30</b> Stitchery 9:00 Exercise 10:00 Pinochle 12:30 Watercolor 1:00 Yoga 2:00 <b>Top Dollar Music Dudes 10:00</b> <b>With Live Band/Dancing</b> <b>LUNCH: Enchilada Casserole</b>	<b>Clovis Senior Activity Center</b> <b>850 Fourth Street</b> <b>Clovis, CA 93612</b> <b>(559) 324-2750</b> <b>Hours: 8 am–5 pm</b> <b>Monday–Friday</b>	