

November 2023

Mon	Tue	Wed	Thu	Fri
<p>Tuesdays & Thursdays 10am - 11am Exercise Class 12pm - 1pm Line Dancing 5pm - 6pm Yoga Class</p>	<p>Tuesdays & Thursdays 10am— 11:30a World History Class Dave Wynne</p>	<p>1 10:15am Silver Sneakers</p> <p>11:00am Bible Study w/ Pastor Eunice Jones</p>	<p>2 10:15am Mystery Game</p> <p>11:00am Apple Cider Bingo</p>	<p>3 10:15am Seniorcise 11:00am Kristen Buskirk, PA-C Beckley ARH Hematology/ Oncology</p>
<p>6</p> <p>10am - 11:30 Cosmetologist Class of ACT Manicures</p>	<p>7</p> <p>10am-11am Donuts from Rose & Quesenberry Free Coffee From RCCOA</p>	<p>8</p> <p>9 10:15am Silver Sneakers 11:00am Bible Study w/ Dr. Charles Bright</p>	<p>9</p> <p>10:30am Veteran's Day Program</p>	<p>10</p> <p>CLOSED For Veteran's Day</p>
<p>13</p> <p>10:15am Seniorcise</p> <p>11:00am Hot Cocoa Bingo Social</p>	<p>14</p> <p>Music By The Rail Splitters</p>	<p>15 10:15am Silver Sneakers</p> <p>11:00am Bible Study With Haven Davis</p>	<p>16</p> <p>10:30am Thanksgiving Gather to Gather Program</p>	<p>17</p> <p>10:15am Tai Chi 11:00am Homemade Bingo</p>
<p>20</p> <p>10:45am Thanksgiving Bingo</p>	<p>21</p> <p>10:45am Mystery Bingo</p>	<p>22 10:15am Silver Sneakers</p> <p>11:00am Bible Study w/Elder Terry Moore</p>	<p>23</p> <p>CLOSED FOR Observing Thanksgiving Day</p>	<p>24</p> <p>CLOSED For Thanksgiving Holiday</p>
<p>27</p> <p>10:45am Bingo Fun</p>	<p>28 10:30a-12p November Birthday Party With David Runion Cake by Best Ambulance</p>	<p>29 10:15am Silver Sneakers</p> <p>11:00am Bible Study w/ Pastor Dwight Bright</p>	<p>30</p> <p>10am - 11am ARH Diabetic Support Group</p>	