



<p>31</p> <p>Sunday Dinner 11 a.m. to 1 p.m. \$6 Special</p>	<p><b>1</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 <b>Monroe Ford Retirees</b> 12:30 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p><b>2 MCOP Support Services</b></p> <p>9:00 Rosary Makers 10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers <b>7:00 Coin Club</b></p>	<p><b>3 Birthday Dinner</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 11:30 <b>Library in Motion</b> 12:30 Pinochle 3:00 Balance <b>5:00 Trivia</b></p>	<p><b>4 Medicare Assistance with Jackie by appointment</b></p> <p>8:00 Monroe Car Club 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 Meditation 7:00 <b>Model A Club</b></p>	<p>5</p> <p>10:00 Enhance®Fitness <b>12:30 Hand &amp; Foot</b> 12:30 Pinochle</p>	<p>6</p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 12:00 Pinochle</p>	
<p>7 Daylight Savings Time Ends</p> <p>Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>8 Canasta</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:30 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>9</p> <p>10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p><b>10 Monroe Senior Legal</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:30 Pinochle 1:30 Movie 3:00 Balance</p>	<p><b>11 Medicare Assistance with Jackie by appointment</b></p> <p>8:00 Monroe Car Club 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 Meditation</p>	<p>12</p> <p>10:00 Enhance®Fitness <b>12:30 Hand &amp; Foot</b> 12:30 Pinochle</p>	<p>13</p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 12:00 Pinochle</p>	
<p><b>14 Bingo Cards 1:30 Play at 2:00</b></p> <p>Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>15 8:00 Newsletter Team</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:30 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p><b>16 MCOP Support Services Open Enrollment</b></p> <p>10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p>17</p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:30 Pinochle 3:00 Balance</p>	<p><b>18 Medicare Open Enroll. with Jackie by appointment</b></p> <p>8:00 Monroe Car Club <b>8:30 Class of '67 BK</b> 9:00 Brain Aerobics 10:15 Chair Yoga / Medit. 11:30 <b>Health Odyssey</b> 1:30 Book Club</p>	<p>19</p> <p>10:00 Enhance®Fitness <b>12:30 Hand &amp; Foot</b> 12:30 Pinochle</p>	<p>20</p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 12:00 Pinochle</p>	
<p>21</p> <p>Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>22 Medicare Open Enroll. with Jackie by appointment Canasta</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:30 Pinochle 1:30 Line Dancing / 3:00 Bal</p>	<p>23</p> <p>10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>	<p><b>24 Monroe Senior Legal</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:30 Pinochle 3:00 Balance</p>	<p><b>25 Thanksgiving Day Holiday</b></p> <p><i>Dinner served 11:00 to 1:00 p.m.</i> <i>Please RSVP</i></p>	<p><b>26 Medicare Enroll-w/Joyce appointment</b></p> <p>10:00 Enhance®Fitness <b>12:30 Hand &amp; Foot</b> 12:30 Pinochle Center closes at 2 p.m.</p>	<p>27</p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 12:00 Pinochle</p>	
<p>28</p> <p>Sunday Dinner 11 a.m. to 1 p.m. \$6 Special</p>	<p><b>29 Canasta</b></p> <p>9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:30 Pinochle 1:30 Line Dancing / 3:00 Bal</p>	<p><b>31 11:00—1:00 Soup and Sandwich \$2 Special MCOP Support Services</b></p> <p>10:15 Chair Yoga 11:00 Meditation 1:15 Bingo 6:00 Woodcarvers</p>				 <p>734.241.0404</p>	