

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Chair Exercise and Dance Class free to members of: <u>AARP MedicareComplete® by UnitedHealthcare</u> Amerigroup Humana Lovelace Health Plan Presbyterian Health Plan of NM \$3/each for non-members</p>					<p>1 10:30 Lunch at Red Lobster 11:45 Senior Meals</p>	<p>2  7:00 pm David Alan Staley</p>
<p>3 Daylight Savings Ends</p> <p>2-5 pm Fiddlers & Musicians of NM</p>	<p>4 10:15 Chair Exercise* 11:45 Senior Meals 12:30 Dance Class*</p>	<p>5 9:30 Yoga 9:30 Rock Hounds 11:45 Senior Meals 12:30 Bridge & Dominoes</p>	<p>6 9:00 Potluck Breakfast 10:30 Music with Don Barker 11:45 Senior Meals 12:30 Movie (TBA)</p>	<p>7 1:45 Senior Meals 12:30 Bingo Line Dancing 1:30 Beginner 2:30 Intermediate</p>	<p>8 9 am-3pm United Healthcare Open House 11:45 Senior Meals</p> <p>7:00 pm Plumb Adequate Band</p>	<p>9</p>
<p>10</p>	<p>11  Closed for Veteran's Day</p>	<p>12 9:30 Yoga 10:00 Coffee/Tea Social 11:45 Senior Meals 12:30 Bridge & Dominoes</p>	<p>13 10:30 Sandia Casino 11:45 Senior Meals</p>	<p>14 1:45 Senior Meals 12:30 Bingo Line Dancing 1:30 Beginner 2:30 Intermediate 6:00 pm Fiddlers & Musicians of NM</p>	<p>15 11:45 Senior Meals</p>	<p>16  9-4 Christmas Arts & Crafts Fair</p>
<p>17  9-4 Christmas Arts & Crafts Fair</p>	<p>18 10:15 Chair Exercise* 11:45 Senior Meals 12:30 Dance Class*</p>	<p>19 9:30 Yoga 10:30-11:30 Amerigroup Coffee & Donuts 11:45 Senior Meals 12:30 Bridge & Dominoes</p>	<p>20 9 - 12 State Health Insurance Assistance Program (by appt.) 11:45 Senior Meals</p>	<p>21 1:45 Senior Meals 12:30 Bingo Line Dancing 1:30 Beginner 2:30 Intermediate</p>	<p>22 11:45 Senior Meals 12:30 AARP Driving Class</p> <p>7:00 pm Plumb Adequate Band</p>	<p>23 6:00 pm Fiddlers & Musicians of NM</p>
<p>24</p>	<p>25 10:15 Chair Exercise* 11:45 Senior Meals 12:30 Dance Class*</p>	<p>26 9:30 Yoga 10:30 Make an OREO Turkey 11:45 Senior Meals 12:30 Bridge & Dominoes</p>	<p>27 11:00 Potluck Birthday/Party With The Fiddlers & Musicians of NM</p>	<p>28 Closed for Thanksgiving </p>	<p>29 Closed For Thanksgiving</p>	<p>30</p>