






November 2018



Stroke Center Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m. Phone: (310) 952-1763

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	2 Yoga with Reika 12:45-1:45	3
4	5 Zumba Gold 12:00-1:00	6  VOTE Volleyball/Caregivers 11:30-12:30 Speech Therapy 1:00-2:00	7 Zumba Gold 12:00-1:00	8 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30 Thanksgiving Deadline!	9 Bowling Trip 10:00-1:00 Yoga with Reika 12:45-1:45	10
11	12 CLOSED  VETERAN'S DAY	13 Volunteer Mtg. 10:30 Volleyball/Caregivers 11:30-12:30	14 Zumba Gold 12:00-1:00	15 Thanksgiving Brunch 11:00 a.m. \$10 due Nov. 8th	16 Yoga with Reika 12:45-1:45	17
18	19 Zumba Gold 12:00-1:00	20 Volleyball/Caregivers 11:30-12:30	21 Zumba Gold 12:00-1:00	22 CLOSED  HAPPY THANKS GIVING	23 CLOSED Enjoy time with your friends and family!	24
25	26 Zumba Gold 12:00-1:00	27 Volleyball/Caregivers 11:30-12:30 Speech Therapy 1:00-2:00	28 Zumba Gold 12:00-1:00	29 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30	30 Yoga with Reika 12:45-1:45	