



November 2016



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 Circuit Training 9:00-10:00 Volleyball/Caregivers 11:30-12:30 Occupational Therapy	2 Zumba Gold 12:00-1:00 Open Gym	3 Chair Volleyball Survivors vs. Kaiser 11:30-12:30 Taco Fundraiser 12:30-1:30 Occupational Therapy	4 Zumba Gold 12:00-1:00 Occupational Therapy	5
6	7 Zumba Gold 12:00-1:00 Occupational Therapy	8 Circuit Training 9:00-10:00 Volleyball/Caregivers 11:30-12:30 Speech Therapy 1:00-2:00 Occupational Therapy	9 Zumba Gold 12:00-1:00 Open Gym	10 Chair Volleyball 11:30-12:30 Chair Exercise 12:30-1:30 Occupational Therapy Deadline for Thanksgiving Tix	11 CLOSED Happy Veterans Day! 	12
13	14 Zumba Gold 12:00-1:00 Occupational Therapy	15 Circuit Training 9:00-10:00 Volleyball/Caregivers 11:30-12:30 Occupational Therapy	16 Zumba Gold 12:00-1:00 Open Gym	17 Thanksgiving Luncheon 11:30 a.m., \$15.00  Occupational Therapy	18 Zumba Gold 12:00-1:00 Occupational Therapy	19
20	21 Zumba Gold 12:00-1:00 Occupational Therapy	22 Circuit Training 9:00-10:00 Volleyball/Caregivers 11:30-12:30 Speech Therapy 1:00-2:00 Occupational Therapy	23 Zumba Gold 12:00-1:00 Open Gym	24 CLOSED 	25 Open Gym (No Scheduled Activities)	26
27	28 Zumba Gold 12:00-1:00 Occupational Therapy	29 Circuit Training 9:00-10:00 Volleyball/Caregivers 11:30-12:30 Occupational Therapy	30 Zumba Gold 12:00-1:00 Open Gym			