


















# NOVEMBER SOS 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Class Descriptions:</b></p> <p><b>Painting with Cindy-</b> Beginner step-by-step painting class where everyone leaves with a masterpiece!</p> <p><b>Movies- Holiday Favorites</b></p> <p><b>Exercise: Chair Yoga/Stretching/ROM (Range of Motion)- Beginner Level and lots of fun!</b></p> <p><b>Crafts- All are easy, fun, and free!</b></p> 		<p>2  1:00 THANKFUL TREE 2:00 Chair Yoga</p>	<p>3  1:00 Making Holiday Cards 2:00 Stretching</p>	<p>4 </p>	<p>5 </p>	<p>6 </p>
		<p>9 1:00 Painting With Cindy 3:00 Stretching</p>	<p>10  1:00 Making Holiday Cards 2:30 ROM</p>	<p>11 <b>CLOSED</b> Veterans Day </p>	<p>12 </p>	<p>13</p>
		<p>16  1:00 Favorite Holiday Recipe Swap 2:00 Chair Yoga</p>	<p>17  1:00 Making Holiday Cards 2:00 Stretching</p>	<p>18 1:00 Wax Painting 2:30 Hunger Coalition </p>	<p>19</p>	
		<p>23 1:00 Painting With Cindy 3:00 Stretching </p>	<p>24  1:00 Making Holiday Cards 2:30 ROM</p>	<p>25 </p>	<p>26</p>	<p>27 </p>
		<p>30 1:00 MOVIE 2:30 Chair Yoga </p>	<p><b>Phone #'s: Quebec Community Ctr.— 862-4466 WCCA— 884-2255 Transportation— 884-3203</b></p>			