



ACTIVE ADULT PROGRAMMING BAY VIEW FAMILY BRANCH NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4	5	6 Senior Bingo with Jeff - Registration Required 11:30 am - 1 pm	7	8
11	12 Trainer Tips with Steve: "Sleep" 11:30 am	13	14	15
18 Blood Pressure Office Hours with Rita 9:30 - 11 am	19	20	21 Thanksgiving Luncheon - Registration Required & Meet in the Gym 11:30 am - 1:30 pm	22
25	26 Trainer Tips with Steve: "Yoga Explored" 11:30 am	27	28	29