



November 2020 Virtual Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Mayor Barnett YouTube 9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	1 pm – Chair Yoga	9 am – Body Balance 10:30 am – Spanish Group	10:30 am – MAC Group 1 pm – Chair Yoga	11 am – French Group	
8	9	10	11	12	13	14
	10:30 am – Mindful Mon. 1 pm – Ask the Doc 6 pm - Meditation	1 pm – Chair Yoga	9 am – Body Balance 10:30 am – Spanish Group	10:30 am – Architecture 1 pm – Chair Yoga 2:30 pm – Veterans’ Week Celebration	11 am – French Group	
15	16	17	18	19	20	21
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	10:30 am – Streets of Detroit 1 pm – Chair Yoga 7 pm – Purposeful Retirement	9 am – Body Balance 10:30 am – Savvy Seniors	10:30 am – MAC Group 1 pm – Brain Storm	11 am – French Group 1 pm – Photographers Lecture Series	
22	23	24	25	26	27	28
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	1 pm – Chair Yoga 2:30 pm – Book Club 7 pm – Purposeful Retirement	9 am – Body Balance 10:30 am – Spanish Group 2:30 pm – Managing Grief	Building Closed for Thanksgiving Holiday	Building Closed for Thanksgiving Holiday	
29	30	December 1				
	9 am – Body Strong 10:30 am – Mindful Mon. 6 pm - Meditation	7 pm – Purposeful Retirement				
		December 8	December 9			
		7 pm – Purposeful Retirement	1 pm – Ask the Dietitian			
Information and links to register for these programs are available on the Homepage under Featured Virtual Programs - <i>Please register in advance!</i>						