

**CENTER FOR HEALTHY GENERATIONS  
ACTIVITIES ROOM CALENDAR**

**NOVEMBER 2021**

Web Site: [www.mbchg.org](http://www.mbchg.org)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:45am Floor/Chair Yoga	2 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	3 9:45am Floor/Chair Yoga	4 10:00am Low Impact Stretch Aerobics Class	5 9:00am Watercolor Class 5:30-9:30 Tupperware NOP	6 9:00-3:00 Life Stream Blood Bank by Ap- pointment only
7	8 9:45am Floor/Chair Yoga	9 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	10 9:45am Floor/Chair Yoga	11 10:00am Low Impact Stretch Aerobics Class 1:00pm Bunco	12 9:00am Watercolor Class 11:30—1:30 Retired Teachers Assoc.	13 9:00-3:00 Life Stream Blood Bank by Ap- pointment only
14	15 9:45am Floor/Chair Yoga 11:30-3:00 Chaparral	16 10:00am Low Impact Stretch Aerobics Class 10:30 Dept. of Ageing 12:30-5:00 Bridge NOP	17 9:45am Floor/Chair Yoga 6:00-8:00 Lincoln Club	18 10:00am Low Impact Stretch Aerobics Class 1:00pm—Board Meeting 6:00pm—Old Car Club	19 9:00am Watercolor Class	20 2:00-6:00 Private Party
21	22 9:45am Floor/Chair Yoga	23 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP	24 9:45am Floor/Chair Yoga	25 <b>CLOSED</b>	26 <b>CLOSED</b>	27 9:00-3:00 Life Stream Blood Bank by Ap- pointment only
28	29 9:45am Floor/Chair Yoga	30 10:00am Low Impact Stretch Aerobics Class 12:30-5:00 Bridge NOP				
31	Bridge instruction is Available Massage is available by appointment 704-705-6360		All classes and activities are subject to change. Call to schedule Computer Classes		NOP - Not Open To Public	

