

# HERITAGE RANCH – NOVEMBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## EXERCISE AND GAMES

1

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Ping Pong 6pm

2

Badminton  
6pm

3

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Shuffleboard 10am

4

Ping Pong  
6pm

5

Pool Aerobics  
8:30 am  
Badminton  
11am

6

7

Walk Aerobics  
8:00 am  
Chair Aerobics  
8:30 am

8

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Ping Pong 6pm

9

Badminton  
6pm

10

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Shuffleboard 10am

11

**VETERANS DAY**

12

**CRAFT FAIR**

13



14

Walk Aerobics  
8:00 am  
Chair Aerobics  
8:30 am

15

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Ping Pong 6pm

16

Badminton  
6pm

17

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Shuffleboard 10am

18

Ping Pong  
6pm

19

Pool Aerobics  
8:30 am  
Badminton  
11am

20

21

Walk Aerobics  
8:00 am  
Chair Aerobics  
8:30 am

22

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Ping Pong 6pm

23

Badminton  
6pm

24

**HAPPY  
THANKSGIVING**

25

Ping Pong  
6pm

26

Pool Aerobics  
8:30 am  
Badminton  
11am

27

28

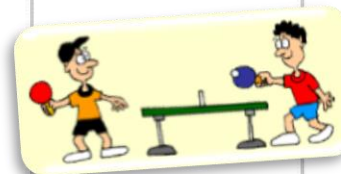
Walk Aerobics  
8:00 am  
Chair Aerobics  
8:30 am

29

Walk Aerobics 8am  
Pool Aerobics or  
Chair Aerobics  
8:30 am  
Ping Pong 6pm

30

Badminton  
6pm



**Get out there!**  
Walk, Chair or Pool Aerobics

