






Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:10 - Weight Training 10:10 - Gentle Yoga 1:00 - Watercolor Workshop - Pumpkins
4 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 Ceramics	5 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Crochet 1:00 - Ping Pong	6 9:30 - Bridge Group 10:00 - Qi Gong 12:45 - Bead Group 1:00 - Open Paint/Pastels 1:00 - Mahjongg	7 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	8 9:10 - Weight Training 10:10 - Gentle Yoga
11 COUNTY CLOSED 	12 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Art Explorations 1:00 - Ping Pong	13 9:30 - Bridge Group 10:00 - Qi Gong 12:45 - Bead Group 1:00 - Open Paint/Pastels 1:00 - Mahjongg 1:00 - Guest Speaker - NM Dept. of Liscensing & Regulation on "Pig Butchering" Scams & Fraud	14 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	15 9:10 - Weight Training 10:10 - Gentle Yoga
18 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 Ceramics	19 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Crochet 11-12:30 - LUNCH 1:00 - CENTER CLOSING EARLY	20 9:00 - DAY TRIP - ABQ THRIFTING & LUNCH @ FORK & FIG 9:30 - Bridge Group 10:00 - Qi Gong 11:00 - Stretching & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels 1:00 - Mahjongg	21 9:10 - Dance Fitness 10:10 - Tai Chi - hands 11:30 - Thanksgiving Luncheon please RSVP 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	22 9:10 - Weight Training 10:10 - Gentle Yoga
25 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts 1:00 Ceramics	26 9:10 - Dance Fitness 10:10 - Tai Chi - Swords 10:00 - Glass Fusion 12:30 - Art Explorations 1:00 - Ping Pong	27 9:30 - Bridge Group 10:00 - Qi Gong 11:00 - Stretching & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels	28 COUNTY CLOSED 	29 COUNTY CLOSED 

**Activities Calendar Is
Subject To Change With
Or Without Notice**

CONTACTS:
Abedon Lopez Center: 505-753-8598
Benny J. Chavez Center: 505-351-4686
El Rancho Center: 505-455-2195
Edgewood Center: 505-281-2515
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CONTACTS:
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Home Delivered Meals: 505-992-3069
Main Office: 505-992-3069
Program Director (Mattie Byers): 505-992-9838
Program Navigator (additional services): 505-986-6239