WACCQ BIRTHDAY

Nov 2026 (Eastern Time - New York

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4-6PM COMMUNITY	2 10:00 BODIES, BANDS 11:30 LUNCH 12:30 TAI CHI FORM	3 9:15 CHAIR YOGA 11:30 LUNCH 12:30 CRAFT	4 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI Anne Baran	5 9:15 CHAIR YOGA 11:30 LUNCH 12:30 BINGO	6 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI	7 BARBARA YURASITS
8	9 10:00 BODIES, BANDS 11:30 LUNCH 12:30 TAI CHI FORM	10 9:15 CHAIR YOGA 11:30 LUNCH	11 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI	12 9:15 CHAIR YOGA 11:30 LUNCH 12:30 BINGO	13 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI TONY INTREPIDO	14 JUNE PIPER
15 PATRICIA BEVERIDGE	16 10:00 BODIES, BANDS 11:30 LUNCH 12:30 TAI CHI FORM ROSEMARIE DORWARD	17 9:15 CHAIR YOGA 11:30 LUNCH 12:30 STITCHING & 4-6PM COMMUNITY	18 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI	19 9:15 CHAIR YOGA 11:30 LUNCH 12:30 BINGO CHARLES McGLADE	20 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI	21
22 ANNA MATIKA BINGO KELLEY BAUER	23 10:00 BODIES, BANDS 11:30 LUNCH 12:30 TAI CHI FORM BRADLEY GEORGE LANA SNYDER	24 9:15 CHAIR YOGA 11:30 LUNCH 12:30 MOVIE	25 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI CAROL EVANS	26 9:15 CHAIR YOGA 11:30 LUNCH 12:30 BINGO	27 9:15 STRETCH & 11:30 LUNCH 12:30 TAI CHI CHRIS MACK	28 ANN LOBACH
29 ANDY SHUMACK	30 10:00 BODIES, BANDS 11:30 LUNCH 12:30 TAI CHI FORM	1 9:15 CHAIR YOGA 11:30 LUNCH 12:30 CRAFT	2	3	4	5