

# Pikewood Manor Activities

# November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 9 am to 9:50 am LCCC Low Impact Aerobics w/Renee  <i>Aerobics</i>	3	4 9 am to 9:50 am LCCC Wellness Yoga Low - Level 1  
5	6	7 6 pm to 6:50 pm LCCC Wellness Line Dancing Program  	8	9 9 am to 9:50 am LCCC Low Impact Aerobics w/Renee  <i>Aerobics</i>	10	11 9 am to 9:50 am LCCC Wellness Yoga Low - Level 1  
12	13	14 6 pm to 6:50 pm LCCC Wellness Line Dancing Program  	15  5:30 pm-8:00 pm * FREE *	16 9 am to 9:50 am LCCC Low Impact Aerobics w/Renee  <i>Aerobics</i>	17	18 9 am to 9:50 am LCCC Wellness Yoga Low - Level 1  
19	20	21 6 pm to 6:50 pm LCCC Wellness Line Dancing Program  	22	23 <i>Happy Thanksgiving</i> 	24	25 9 am to 9:50 am LCCC Wellness Yoga Low - Level 1  
26	27	28 6 pm to 6:50 pm LCCC Wellness Line Dancing Program  	29	30 9 am to 9:50 am LCCC Low Impact Aerobics w/Renee  <i>Aerobics</i>		