



Mon	Tue	Wed	Thu	Zen Friday
<p>TAMARAC The City For Your Life</p> <p>IT STARTS IN PARKS Coaching. Connecting. Community.</p>	<p>FOOD DRIVE</p>	<p>YOU CAN MAKE A DIFFERENCE!</p> <p>Please HELP US collect non-perishable food to help benefit those in our community. Sample of items needed include:</p> <ul style="list-style-type: none"> - Canned vegetables/fruits - Boxed food meals - Canned Beans - Canned tuna and meat - Cereals and dry milk - Rice - Pasta and sauce - Oatmeal and crackers - Peanut butter/jelly 		<p>1</p> <p>8:30 – 10:00 Qigong/Tai Chi 9:00 – 10:00 Walking Club 10:00 – 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:00 – 1:00 Clay Class 10:15 – 11:15 Open Meditation 10:15 – 11:15 Booty Barreless 11:15 – 12:15 Volleyball 11:30 – 12:30 Zumba 12:00 – 4:00 Cards/Mah Jong 12:30 - Yoga-TIME CHANGE 12:30 – 3:00 Pickleball (Int/Adv) 2:00 - 4:00 Trivia</p>
<p>4</p> <p>9:00 - 10:00 Walking Club 9:00 – 10:00 Qigong & Tai Chi 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:45 - 11:45 Yoga 11:00 - 12:00 Line Dancing 11:15 - 12:15 Pickleball Power Hour 12:00 - 4:00 Card Games/Mah Jong 12:15 - 1:15 Zumba Gold 12:30 - 1:30 Bingo 12:30 - 3:00 Pickleball (Beginners) 1:00 - 2:30 Happy Hookers Knit 1:30 - 4:00 Ping Pong</p> REGISTER FOR GREAT ESCAPES TRIP TODAY!	<p>5</p> <p>9:00 – 10:00 Walking Club 9:45 – 10:45 Booty Barre Flexibility 10:00 – 11:00 Jazzercise 10:00 – 12:00 Creative Writing 10:15 – 11:15 Sit & Fit 10:30 – 3:00 Mah Jong 11:15 – 12:15 Volleyball 11:30 – 12:30 Chair Yoga 12:30 – 3:00 Pickleball (Adv)</p> <p>NEW CLASS STARTING: 12:45 - 1:45 Ultra Fitness</p> <p>1:00 - 3:00 Painting Club</p>	<p>6</p> <p>9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:15 – 11:15 Group Training 10:15 – 11:15 Movement Mix 10:15 – 11:15 Volleyball - CANCELLED 11:30 – 12:30 Yoga 11:30 – 12:30 Zumba 12:00 – 4:00 Card Players/Mah Jong 12:30 - 3:00 Pickleball (Intermediate) 12:30 - 2:30 Clay Workshop</p>	<p>7</p> <p>9:00 – 10:00 Walking Club 9:00 – 10:00 Stretch N Strong 10:00 – 11:00 Jazzercise 11:00 – 12:00 Line Dancing 11:15 - Sit & Fit (TIME CHANGE) 11:15 - 12:15 Pickleball Power Hour - CANCELLED 12:30 - Chair Yoga (TIME CHANGE) 12:15 – 4:00 Ping Pong 12:15 – 4:00 Pickleball (Beg) - CANCELLED Senior Dance - CANCELLED 1:00 – 4:30 Mah Jong 2:00 - 3:30 Creative Crafters Group (Thanksgiving Ornaments)</p> TRIP: CASH—RING OF FIRE - 4pm	<p>8</p> <p>8:30 – 10:00 Qigong/Tai Chi 9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:00 – 1:00 Clay Class 10:15 – 11:15 Open Meditation 10:15 – 11:15 Booty Barreless 11:15 – 12:15 Volleyball 11:30 – 12:30 Zumba 12:00 – 4:00 Cards/Mah Jong 12:30 - Yoga-TIME CHANGE 12:30 – 3:00 Pickleball (Int/Adv) 2:00 - 4:00 Trivia</p>
<p>11</p> <p>CITY CLOSED VETERANS DAY HOLIDAY</p> <p>Thank you, U. S. Veterans for your service to America!</p>	<p>12</p> <p>9:00 – 10:00 Walking Club 9:45 – 10:45 Booty Barre Flexibility 10:00 – 11:00 Jazzercise 10:00 – 12:00 Creative Writing 10:15 – 11:15 Sit & Fit 10:30 – 3:00 Mah Jong 11:15 – 12:15 Volleyball 11:30 – 12:30 Chair Yoga 12:30 – 3:00 Pickleball (Adv) 12:45 - 1:45 Ultra Fitness 1:00 - 3:00 Painting Club</p>	<p>13</p> <p>9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:15 – 11:15 Group Training 10:15 – 11:15 Movement Mix 11:00 - 12:15 Volleyball 11:30 – 12:30 Yoga 11:30 – 12:30 Zumba 12:00 – 4:00 Card Players/Mah Jong 12:30 - 3:00 Pickleball (Intermediate) 12:30 - 2:30 Clay Workshop</p>	<p>14</p> <p>9:00 – 10:00 Walking Club 9:00 – 10:00 Stretch N Strong 10:00 – 11:00 Jazzercise 10:15 – 11:15 Sit & Fit 11:00 – 12:00 Line Dancing 11:15 - 12:15 Pickleball Power Hour 11:30 – 12:30 Chair Yoga 12:15 – 4:00 Ping Pong 12:30 – 3:00 Pickleball (Beginner) 1:00 – 3:00 Advanced Rubber Stamping Advance signup – 954-597-3637 1:00 – 3:00 Senior Dance 1:00 – 4:30 Mah Jong</p>	<p>15</p> <p>8:30 – 10:00 Qigong/Tai Chi 9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:00 – 1:00 Clay Class 10:15 – 11:15 Open Meditation 10:15 – 11:15 Booty Barreless 11:15 – 12:15 Volleyball 11:30 – 12:30 Zumba 12:00 – 4:00 Cards/Mah Jong 12:30 - Yoga-TIME CHANGE 12:30 – 3:00 Pickleball (Int/Adv) 2:00 - 4:00 Trivia</p> <p>AARP IPHONE CLASS Intro to iPhone - 11:00am-12:30pm Beyond the Basics - 1:00pm-2:00pm Intro to iPhone - 3:30pm-5:00pm Beyond the Basics - 5:30pm-6:30pm</p>
<p>18</p> <p>9:00 - 10:00 Walking Club 9:00 – 10:30 Qigong & Tai Chi 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:45 - 11:45 Yoga 11:00 - 12:00 Line Dancing 11:15 - 12:15 Pickleball Power Hour 12:00 - 4:00 Card Games/Mah Jong 12:15 - 1:15 Zumba Gold 12:30 - 1:30 Bingo 12:30 - 3:00 Pickleball (Beginners) 1:00 - 2:30 Happy Hookers Knit 1:30 - 4:00 Ping Pong</p>	<p>19</p> <p>9:00 – 10:00 Walking Club 9:45 – 10:45 Booty Barre Flexibility 10:00 – 11:00 Jazzercise 10:00 – 12:00 Creative Writing 10:15 – 11:15 Sit & Fit 10:30 – 3:00 Mah Jong 11:00 – 12:00 SENIOR SOCIAL TOPIC: Healthy Holiday Eating SPEAKER: Joanne Perreault, RD, CDE Sponsored by Broward Health 11:15 – 12:15 Volleyball 11:30 – 12:30 Chair Yoga 12:30 – 3:00 Pickleball (Adv) 12:45 - 1:45 Ultra Fitness 1:00 - 3:00 Painting Club</p>	<p>20</p> <p>9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:15 – 11:15 Group Training 10:15 – 11:15 Movement Mix 10:15 – 11:15 Volleyball - CANCELLED 11:30 – 12:30 Yoga 11:30 – 12:30 Zumba 12:00 – 4:00 Card Players/Mah Jong 12:30 - 3:00 Pickleball (Intermediate) 12:30 - 2:30 Clay Workshop</p> <p>VioLET'S TALK - 11 am (Share your love of African violet plants!)</p>	<p>21</p> <p>9:00 – 10:00 Walking Club 9:00 – 10:00 Stretch N Strong 10:00 – 11:00 Jazzercise 10:15 – 11:15 Sit & Fit 11:00 – 12:00 Line Dancing 11:15 - 12:15 Pickleball Power Hour 11:30 – 12:30 Chair Yoga 12:15 – 4:00 Ping Pong 12:30 – 3:00 Pickleball (Beginner) 1:00 – 3:00 Advanced Rubber Stamping Advance signup – 954-597-3637 1:00 – 3:00 Senior Dance 1:00 – 4:30 Mah Jong 2:00 - 3:30 Creative Crafters Group (Christmas Corsage)</p> TRIP — INSPECTING CAROL - 4 pm	<p>22</p> <p>8:30 – 10:00 Qigong/Tai Chi 9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:00 – 1:00 Clay Class 10:15 – 11:15 Open Meditation 10:15 – 11:15 Booty Barreless 11:15 – 12:15 Volleyball 11:30 – 12:30 Zumba 12:00 – 4:00 Cards/Mah Jong 12:30 - Yoga-TIME CHANGE 12:30 – 3:00 Pickleball (Int/Adv) 2:00 - 4:00 Trivia</p> <p>Social Club Meeting at 1:00 pm held at Rotelli 10101 W. Commercial Boulevard NOTE: We are meeting TODAY due to the last Friday being the Thanksgiving Holiday!</p>
<p>25</p> <p>9:00 - 10:00 Walking Club 9:00 – 10:00 Qigong & Tai Chi 10:00 - 11:00 Proact H2O Arthritis 10:00 – 11:00 Jazzercise 10:45 - 11:45 Yoga 11:00 - 12:00 Line Dancing 11:10 - 12:30 Travel Club 11:15 - 12:15 Pickleball Power Hour 12:00 - 4:00 Card Games/Mah Jong 12:15 - 1:15 Zumba Gold 12:30 - 1:30 Bingo 12:30 - 3:00 Pickleball (Beginners) 1:00 - 2:30 Happy Hookers Knit 1:30 - 4:00 Ping Pong</p>	<p>26</p> <p>9:00 – 10:00 Walking Club 9:45 – 10:45 Booty Barre Flexibility 10:00 – 11:00 Jazzercise 10:00 – 12:00 Creative Writing 10:15 – 11:15 Sit & Fit 10:30 – 3:00 Mah Jong 11:15 – 12:15 Volleyball 11:30 – 12:30 Chair Yoga 12:30 – 3:00 Pickleball (Adv) 12:45 - 1:45 Ultra Fitness 1:00 - 3:00 Painting Club</p>	<p>27</p> <p>9:00 – 10:00 Walking Club 10:00 - 11:00 Proact H2O Arthritis 10:15 – 11:15 Group Training 10:15 – 11:15 Movement Mix 11:00 - 12:15 Volleyball 11:30 – 12:30 Yoga 11:30 – 12:30 Zumba 12:00 – 4:00 Card Players/Mah Jong 12:30 - 3:00 Pickleball (Intermediate) 12:30 - 2:30 Clay Workshop</p>	<p>28</p> <p>CITY CLOSED FOR THANKSGIVING HOLIDAY</p> <p>HAPPY THANKS Giving DAY</p>	<p>29</p> <p>CITY CLOSED FOR THANKSGIVING HOLIDAY</p> <p>CFN - 10232019</p>