

# November 2019

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
					1 Senior Exercise 9:30 am CK Newsome	2 CLEAN EVANSVILLE – Morgan Ave to Green River Rd.
3	4 Senior Exercise 9:30 am CK Newsome	5 No Activities Election Day	6 Senior Exercise 9:30 am CK Newsome	7 Shuffleboard & Table Tennis 8:30-11:30am Pickleball & Badminton 4pm-6:30 pm	8 Senior Exercise 9:30 am CK Newsome	9
10	11 Senior Exercise 9:30 am CK Newsome	12 Shuffleboard & Table Tennis 8:30-11:30am	13 Senior Exercise 9:30 am CK Newsome <u>St. Paul's Sausage Supper</u>	14 Shuffleboard & Table Tennis 8:30-11:30am Pickleball & Badminton 5pm-6:30 pm	15 Senior Exercise 9:30 am CK Newsome	16 ENERGIZE EVANSVILLE – Swonder Fitness Center 9:00am
17	18 Senior Exercise 9:30 am CK Newsome	19 Shuffleboard & Table Tennis 8:30-11:30am	20 Senior Exercise 9:30 am CK Newsome	21 Shuffleboard & Table Tennis 8:30-11:30am Pickleball & Badminton 3pm-6:30 pm	22 Senior Exercise 9:30 am CK Newsome	23
24	25 Senior Exercise 9:30 am CK Newsome	26 Shuffleboard & Table Tennis 8:30-11:30am	27 NO EXERCISE CLASS Thanksgiving Break	28 NO EXERCISE CLASS Thanksgiving Break	29 NO EXERCISE CLASS Thanksgiving Break	30

Contact Holly  
with questions at  
812-435-6162

Senior Exercise  
Class with Holly  
CK Newsome 100 E Walnut St.  
Mon/Wed/Fri 9:30 am

Bring water and wear comfortable exercise shoes. Exercise class  
recommended to those 50 & over.  
Equipment Provided Cost: Donation  
Table Tennis, Shuffleboard, Evening Badminton & Pickleball \$3