
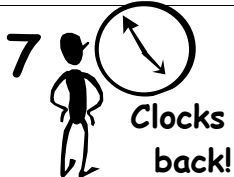





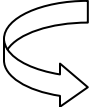
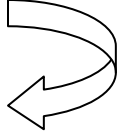





November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Exercise class At ILC 3-4:30	6 
7  Clocks back!	8 Bowling, \$9 2-4 at Fleetway, 720 Proudfoot	9 	10	11  CLOSED	12 Exercise class At ILC 3-4:30	13
14 	15 Craft, \$5 2-4 at ILC	16	17	18	19 Exercise class At ILC 3-4:30	20
21	22	23	24 Scrabble 2:30-4:30 Cherryhill Library	25 RDSP Info 2-3:30 St. Thomas Library	26 Exercise class At ILC 3-4:30	27 
28	29 Movie  2-4:30 at ILC	30	Scrabble is generously sponsored by the Sifton Family Foundation Thank you!	If you need any accommodations, please let us know well in advance.	Registration for activities is appreciated but not mandatory. All are welcome!	Turn over for December 

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 Turn over for November	If you need any accommodations, please let us know well in advance.	Registration for activities is appreciated but not mandatory. All are welcome!	1	2	3 Exercise class At ILC 3-4:30	4
5	6	7 RDSP Info 6-7:30 Cherryhill Library	8	9 Holiday Dinner Shellys Restau- rant, 5-8 p.m. See page 3.	10 Exercise class At ILC 3-4:30	11 
12 	13 Holiday Lunch At ILC 1-4 p.m. See page 3.	14	15	16	17 Exercise class At ILC 3-4:30	18
19	20	21	22 Scrabble 2:30-4:30 Cherryhill Library	23	24	25  Seasons Greetings!
26 C	27 L	28 O	29 S	30 E	31 D	Scrabble is generously sponsored by the Sifton Family Foundation.