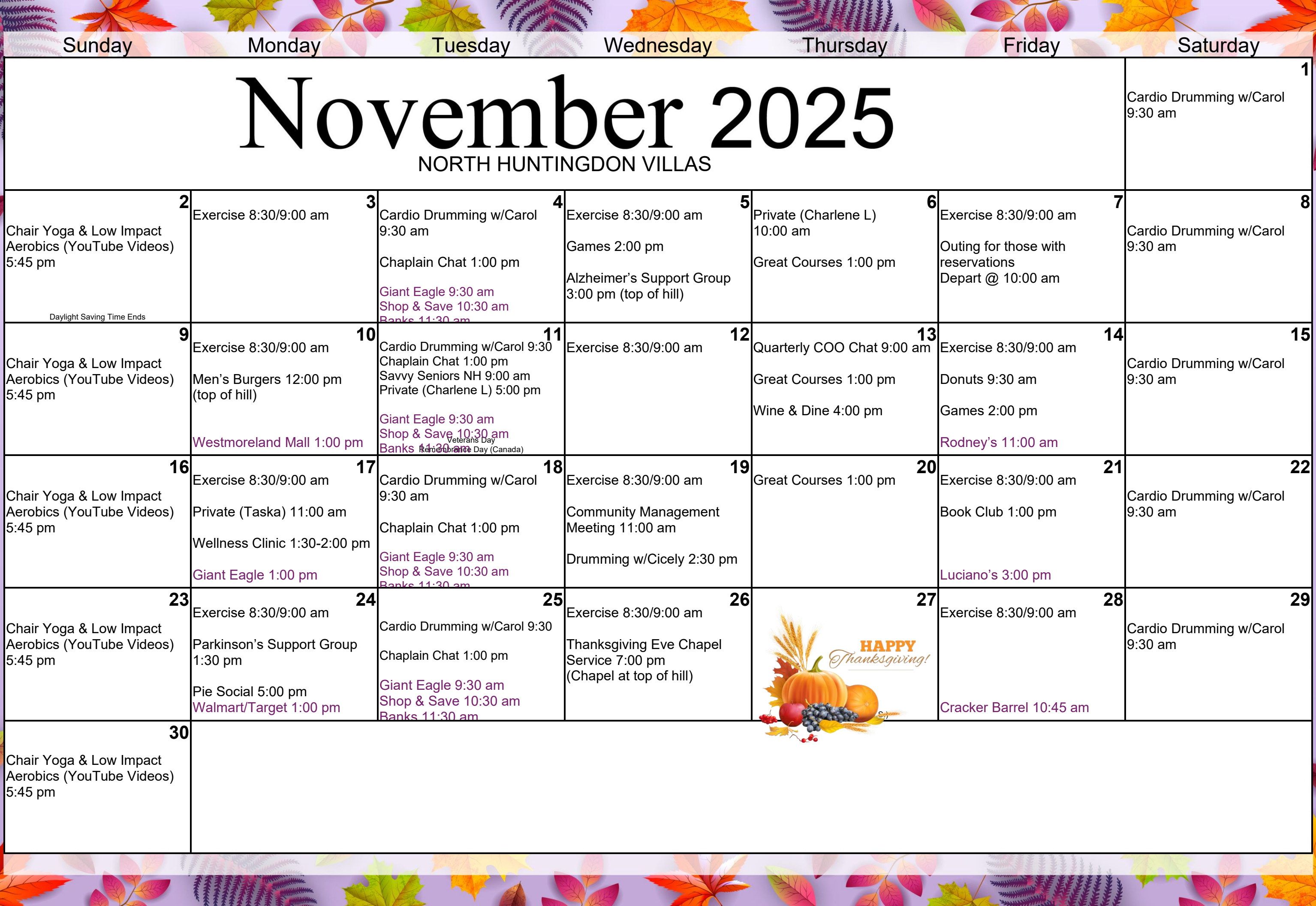




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2025

NORTH HUNTINGDON VILLAS

						1 Cardio Drumming w/Carol 9:30 am
2 Chair Yoga & Low Impact Aerobics (YouTube Videos) 5:45 pm Daylight Saving Time Ends	3 Exercise 8:30/9:00 am	4 Cardio Drumming w/Carol 9:30 am Chaplain Chat 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	5 Exercise 8:30/9:00 am Games 2:00 pm Alzheimer's Support Group 3:00 pm (top of hill)	6 Private (Charlene L) 10:00 am Great Courses 1:00 pm	7 Exercise 8:30/9:00 am Outing for those with reservations Depart @ 10:00 am	8 Cardio Drumming w/Carol 9:30 am
9 Chair Yoga & Low Impact Aerobics (YouTube Videos) 5:45 pm	10 Exercise 8:30/9:00 am Men's Burgers 12:00 pm (top of hill) Westmoreland Mall 1:00 pm	11 Cardio Drumming w/Carol 9:30 Chaplain Chat 1:00 pm Savvy Seniors NH 9:00 am Private (Charlene L) 5:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am Veterans Day Remembrance Day (Canada)	12 Exercise 8:30/9:00 am	13 Quarterly COO Chat 9:00 am Great Courses 1:00 pm Wine & Dine 4:00 pm	14 Exercise 8:30/9:00 am Donuts 9:30 am Games 2:00 pm Rodney's 11:00 am	15 Cardio Drumming w/Carol 9:30 am
16 Chair Yoga & Low Impact Aerobics (YouTube Videos) 5:45 pm	17 Exercise 8:30/9:00 am Private (Taska) 11:00 am Wellness Clinic 1:30-2:00 pm Giant Eagle 1:00 pm	18 Cardio Drumming w/Carol 9:30 am Chaplain Chat 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	19 Exercise 8:30/9:00 am Community Management Meeting 11:00 am Drumming w/Cicely 2:30 pm	20 Great Courses 1:00 pm	21 Exercise 8:30/9:00 am Book Club 1:00 pm Luciano's 3:00 pm	22 Cardio Drumming w/Carol 9:30 am
23 Chair Yoga & Low Impact Aerobics (YouTube Videos) 5:45 pm	24 Exercise 8:30/9:00 am Parkinson's Support Group 1:30 pm Pie Social 5:00 pm Walmart/Target 1:00 pm	25 Cardio Drumming w/Carol 9:30 Chaplain Chat 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	26 Exercise 8:30/9:00 am Thanksgiving Eve Chapel Service 7:00 pm (Chapel at top of hill)	27  HAPPY <i>Thanksgiving!</i>	28 Exercise 8:30/9:00 am Cracker Barrel 10:45 am	29 Cardio Drumming w/Carol 9:30 am
30 Chair Yoga & Low Impact Aerobics (YouTube Videos) 5:45 pm						