



NOVEMBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Come enjoy a free lunch at the Vets Hall every weekday 12:30 to 1:30
Thanksgiving Feast on November 22nd!
Closed for the Holidays of November 10th, 23rd and 24th.

30

31

1
Walking Group
 9:00am in front of the library
Free Lunch Program VH 12:30pm
Knitting 1:00 to 3:00 @ VH mtg room
Mindfulness Meditation
 2:00-3:30 @ VH
Line Dancing
 3:30-4:30 @ VH

2
Senior Lecture Series
Retirement planning
 9:30-10:45@ Library
Zumba Gold
 11:00-12:00 @ VH
Free Lunch Program VH 12:30pm
Book Club and Games
 2:00pm to 4:00pm @ VH

3
Free Lunch Program
 VH @ 12:30pm
Seniors Inc. Author Talk
 Bee Bloeder
 Writer of *Vaccines and Bayonets*
 1:00pm Carp Community Church

4

6
Music Mondays
Sing Along
 10:30-12:00 @ VH
Free Lunch Program VH 12:30pm
Mind Games
 2:00-3:00 @ Library

7
Arts and Crafts
 9:00-11:00@CAC
Mind Body Balance Exercise
 11:00-12:00 @VH
Free Lunch Program VH 12:30pm
TAI CHI Practice
 2:00-3:00 @VH

8
Walking Group
 9:00am in front of the library
Free Lunch Program VH 12:30pm
Knitting 1:00-3:00 @ VH mtg room
Mindfulness Meditation
 2:00 to 3:30 @VH

9
Senior Lecture Series
Welcome to the Community Garden
 9:30-10:45@ Library
Chair Yoga
 11:00-12:00 @ VH
Free Lunch Program VH 12:30pm
Book Club and Games
 2:00pm to 4:00pm @ VH

10
Bocce Ball
 1:30-3:30 @ GranVida

11

12

13
Music Mondays
Sing Along
 10:30-12:00 @ VH
Free Lunch Program VH 12:30pm
Mind Games
 2:00-3:00 @ Library

14
Arts and Crafts
 9:00-11:00@CAC
Mind Body Balance Exercise
 11:00-12:00 @VH
Free Lunch Program VH 12:30pm
TAI CHI Practice
 2:00-3:00 @VH

15
Walking Group
 9:00am in front of the library
Free Lunch Program VH 12:30pm
Knitting 1:00-3:00 @ VH mtg room
Mindfulness Meditation
 2:00 to 3:30 @VH
Flash Mob Rehearsal
 3:30-4:30

16
Senior Lecture Series
Legal Aids Senior Service
 9:30-11:45@ Library
Zumba Gold
 11:00-12:00 @ VH
Free Lunch Program VH 12:30pm
Book Club and Games
 2:00pm to 4:00pm @ VH

17
Free Lunch Program
 VH @ 12:30pm
Turkey Bowling
 1:30-3:30 @ GranVida

18

19

20
Music Mondays
Sing Along
 10:30-12:00 @ VH
Free Lunch Program VH 12:30pm
Mind Games
 2:00-3:00 @ Library

21
Arts and Crafts
 9:00-11:00@CAC
Mind Body Balance Exercise
 11:00-12:00 @VH
Free Lunch Program VH 12:30pm
TAI CHI Practice
 2:00-3:00 @VH

22
Walking Group
 9:00am in front of the library
Free Lunch Program VH 12:30pm
Knitting 1:00-3:00 @ VH mtg room
Mindfulness Meditation
 2:00 to 3:30 @VH
Flash Mob Rehearsal
 3:30-4:30

23
Happy Thanksgiving!

24
Bocce Ball
 1:30-3:30 @ GranVida

25

26

27
Music Mondays
Sing Along
 10:30-12:00 @ VH
Free Lunch Program VH 12:30pm
Mind Games
 2:00-3:00 @ Library

28
Arts and Crafts
 9:00-11:00@CAC
Mind Body Balance Exercise
 11:00-12:00 @VH
Free Lunch Program VH 12:30pm
TAI CHI Practice
 2:00-3:00 @VH

29
Walking Group
 9:00am in front of the library
Qigong @ 11:00am Vets Hall
Free Lunch Program VH 12:30pm
Knitting 1:00 to 3:00 @ VH mtg room
Mindfulness Meditation
 2:00-3:30 @ VH
Line Dancing
 3:30-4:30 @ VH

30
Senior Lecture Series
Prepare To Care
 9:30-10:45 @ Library
Chair Yoga
 11:00-12:00 @ VH
Free Lunch Program VH 12:30pm
Book Club and Games
 2:00pm to 4:00pm @ VH

CAC =Carpinteria Arts Center located at 865 Linden Ave
GranVida is located at 5464 Carpinteria Ave.
CC = Library is located at 5141 Carpinteria Ave.
VH= Veteran's Hall Building located at 941 Walnut Ave.