

# NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 1 pm RC Yacht Club <b>5 pm BBQ Night</b>	<b>2</b> 7 am Disco Abs 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage <b>7 pm Music Monday w/ 2 Smooth</b>	<b>3</b> 7 am Disco Abs 9 am Yoga w/ Esther 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Taco Night</b> 7 pm Euchre 7 pm Bingo	<b>4</b> 7 am Disco Abs 10:30 am Water Exercises <b>3 pm Pizza Night</b>	<b>5</b> 7 am Disco Abs 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Nude Night Lakeside</b> 7 pm Euchre	<b>6</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises <b>5 pm All You Can Eat Pasta</b> 6 pm Bar Trivia <b>7 pm Piano Bar w/ Glenn Mack</b>	<b>7</b> 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 <b>8 pm Welcome Back Snowbirds Dance with Dancing Shoes</b>
<b>Welcome Back Snowbirds</b>						
<b>8</b> 10 am Camera Club <b>5 pm BBQ Night</b>	<b>9</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage <b>7 pm Music Monday w/ Peter Alden</b>	<b>10</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Taco Night</b> 7 pm Euchre 7 pm Bingo	<b>11</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises <b>3 pm Pizza Night</b> <b>7 pm Apple Computer Club</b>	<b>12</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Nude Night Lakeside</b> 7 pm Euchre	<b>13</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 6 pm Bar Trivia 7:30 pm Crab Race <b>8 pm Karaoke Party w/ Regis</b>	<b>14</b> 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 <b>8 pm Gangster Dance with DJ Brenda</b> <b>9 pm Gangster Costume Contest</b>
<b>Gangster Weekend</b>						
<b>15</b> <b>10 am Flu Shots</b> 1 pm RC Yacht Club <b>5 pm BBQ Night</b>	<b>16</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage <b>7 pm Music Monday w/ The Danny &amp; Jim Show</b>	<b>17</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Taco Night</b> 7 pm Euchre 7 pm Bingo	<b>18</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises <b>3 pm Pizza Night</b>	<b>19</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Nude Night Lakeside</b> 7 pm Euchre	<b>20</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 6 pm Bar Trivia 7:30 pm Crab Race <b>8 pm Streak at Cheeks w/ DJ Xavier</b>	<b>21</b> 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 <b>8 pm Johnny Cash Tribute Show w/ Live Music by Keith Coleman</b>
<b>Johnny Cash Weekend</b>						
<b>22</b> <b>5 pm BBQ Night</b>	<b>23</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage <b>7 pm Music Monday w/ Jim From The Dukes</b>	<b>24</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Taco Night</b> 7 pm Euchre 7 pm Bingo	<b>25</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises <b>3 pm Pizza Night</b> <b>7 pm Apple Computer Club</b>	<b>26</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Freda 10:00 am Pickleball 10:30 am Water Exercises <b>5 pm Nude Night Lakeside</b> 7 pm Euchre	<b>27</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10 am Water Exercises 6 pm Bar Trivia 7:30 pm Crab Race <b>8 pm Strip @ Scuttlebutts w/ DJ Ron</b>	<b>28</b> 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 <b>8 pm Strip @ Scuttlebutts w/ DJ Xavier</b>
<b>Thanksgiving Weekend</b>						
<b>29</b> <b>5 pm BBQ Night</b>	<b>30</b> 7 am Disco Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage <b>7 pm Music Monday TBA</b>					