




NOVEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* = Community Fitness/swim times (Mon. 6:15-7pm; Weds. 6-7pm; Sat. 11:30am-12:30pm) AKL=Alley Kat Lanes, Kingston</p>		<p>For more information: Ginger x204, Colleen x205, Susannah x202, Kim x208, Melanie x207, Sean x212</p>				<p>1* Open Music 1:30-3pm</p> <p>TOP TEN</p> <p>🏊 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>2 Bowling 6:30-8pm AKL</p> <p>TOP TEN</p> <p>Movie Matinee "An American in Paris" 1-2:30pm \$1.00</p>	<p>3* Bingo 7-8pm \$2.00/card</p> <p>♥ FITNESS (See back for team times)</p>	<p>4 Election Day</p> 	<p>5* <small>ADULT ED</small> Ceramics & Clay Level 2 4:30-5:30pm</p> <p>🏊 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>6</p> <p>🏊 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>♥ FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>7</p>	<p>8*</p> <p>TOP TEN with Kim</p> <p>🏊 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>9 Bowling 6:30-8pm AKL</p> <p>TOP TEN</p> <p>OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee</p>	<p>10*</p> <p>♥ FITNESS (See back for team times)</p>	<p>11 Veteran's Day</p> 	<p>12*</p> <p>🏊 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>13</p> <p>🏊 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>♥ FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>14 Union Grove Drop-In Dance 7-10pm \$6.00</p>	<p>15*</p> <p>TOP TEN</p> <p>🏊 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>16 Bowling 6:30-8pm AKL</p> <p>TOP TEN</p> <p>NEW SWC Open 12:30-3:30pm</p>	<p>17* Games Night 7-8pm \$1.00</p> <p>♥ FITNESS (see back for team times)</p>	<p>18 <small>ADULT ED</small> Presidential Profiles 6:00-7:00 pm</p>	<p>19</p> <p>🏊 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>20</p> <p>🏊 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>♥ FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>21</p>	<p>22</p> <p>TOP TEN</p> <p>🏊 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>23 Bowling 6:30-8pm AKL</p> <p>TOP TEN</p> <p>OPEN ART STUDIO 1-3pm</p>	<p>24</p> <p>♥ FITNESS (see back for team times)</p>	<p>25</p>	<p>26</p> <p>🏊 No Swim</p>	<p>27</p> 	<p>28</p>	<p>29</p> <p>TOP TEN with Kim</p> <p>🏊 AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>30 NO BOWLING Open Music TOP TEN 1:30-3pm</p>	<p>♥ FITNESS (see back for team times)</p>					

Adult Ed Classes: Shaded gray areas are open to Community participants. All events take place at the Sollar Wellness Center unless otherwise noted.

**** New SWC Sunday Hours ~ Building is open for you to use walking track, education room, fitness room, etc.**