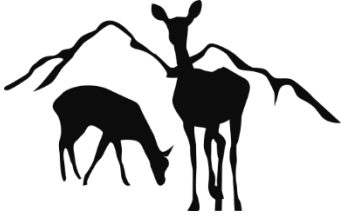


# CLUB YARNELL

## SCHEDULE

### November 2017



Every Monday, 4:00–6:30pm

Every 1st Tues., Nov. 7, 6:00pm

Every Tues., 11:00am–12:00pm

Thurs., Nov. 2, 9, 16<sup>th</sup>

1:30–4:00pm

Wed., Nov. 8, 1:00–3:30pm

Fri., Nov. 10, 11am–12:30pm

Fri., Nov. 10, 5:30–8:30pm

Tues., Nov. 14, 6:30–8:30pm

**Game night**

**Tai Chi**

**Blood Pressure Checks**

**Diabetes Series (NACOG)**

**Medicare Presentation and Appts.**

**Todd Perroud Playing Music**

**Visit Cuba w/ the Tideys and Rauhs**

**Potluck at YRCC**

**T-Shirt Transformation Workshop**

### December 2017

Every Monday, 4:00–6:30 pm

Every Wed. 9:30–11am

Every 1st Tues., Dec. 5, 6:00pm

Every Tues., 11:00am–12:00pm

Fri., Dec. 8, 11am–12:30pm

Wed. Dec. 20. 1:30–3:00pm

**Game night**

**Chronic Pain Support Group**

**Tai Chi**

**Blood Pressure Checks**

**Todd Perroud Playing Music**

**Holiday Cookie Bakeoff**

**Club Yarnell** is open to everyone! ALL Programs are free, unless specified.

Call Jerry Florman for ideas, details and to offer a program. 602.399.1679