

/ October		November 2020					December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
15	16 -Yoga w. Jill at 5:30pm high intensity and Dynamic @ 12:30pm email RemedyYogaNH@gmail.com \$10 per person per 30 minutes -Tai Chi call into Orange East Senior Center 563-999-2927 @ 10:00am put phone on speaker. -Friendsgiving by Camp Thorpe @ www.campthorpe.org	17 -Yoga With Jill Power Stretching and Dynamics 4:00pm and 5:30pm email RemedyYogaNH@gmail.com -French cooking With Global campus https://us02web.zoom.us/j/401239263 11:30 am Art and Crafts with Spark info@sparkcommunitycenter.org Music with Charlie https://us02web.zoom.us/j/88407036735?pwd=ZE9nS1BqcFhuNFPVENURTISVEpkdz09	18 -Yoga w. Jill at 5:30 high intensity and Dynamic @ 12:30pm email RemedyYogaNH@gmail.com \$10 per person per 30 minutes -11:30am Life Skills Wind Down with Spark info@sparkcommunitycenter.org Art Lab With Special Needs Center nsnuc-uv.org/events/ go to webpage to view info	19 -Cooking Club @Special Needs Center 10:00am nsnuc-uv.org/events/ go to webpage to view info -Game Day @Spark info@sparkcommunitycenter.org	20 -Fitness Friday @10:00 am @ Special Needs Center nsnuc-uv.org/events/ 11:30 am Science class with Spark info@sparkcommunitycenter.org	21	
22	23 Yoga w. Jill at 5:30pm high intensity and Dynamic @ 12:30pm email RemedyYogaNH@gmail.com \$10 per person per 30 minutes	24 -Yoga With Jill Power Stretching and Dynamics 4:00pm and 5:30pm email RemedyYogaNH@gmail.com -French cooking With Global campus https://us02web.zoom.us/j/401239263 11:30 am Art and Crafts with Spark info@sparkcommunitycenter.org Music with Charlie https://us02web.zoom.us/j/88407036735?pwd=ZE9nS1BqcFhuNFPVENURTISVEpkdz09	25 18 -Yoga w. Jill at 5:30 high intensity and Dynamic @ 12:30pm email RemedyYogaNH@gmail.com \$10 per person per 30 minutes -11:30am Life Skills Wind Down with Spark info@sparkcommunitycenter.org Art Lab With Special Needs Center nsnuc-uv.org/events/ go to webpage to view info	26 -Cooking Club @Special Needs Center 10:00am nsnuc-uv.org/events/ go to webpage to view info -Game Day @Spark info@sparkcommunitycenter.org	27 -Fitness Friday @10:00 am @ Special Needs Center nsnuc-uv.org/events/ 11:30 am Science class with Spark info@sparkcommunitycenter.org	28	
29	30 -Yoga w. Jill at 5:30pm high intensity and Dynamic @ 12:30pm email RemedyYogaNH@gmail.com \$10 per person per 30 minutes -11:30 am Show and Tell @ Spark info@sparkcommunitycenter.org -Tia Chi with Bradford Senior Center @10:00am call 563-999-2927 Put phone on speaker Book Club @ camp Thorpe www.campthorpe.org						