

# CASE Events Calendar - November 2018

| Sunday | Monday  | Tuesday  | Wednesday                                     | Thursday   | Friday | Saturday              |
|--------|---|--|---|--|--------|-----------------------|
|        |   |  |   | 1<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45  | 2      | 3                     |
| 4      | 5   | 6<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45  | 7   | 8<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45  | 9      | 10<br>Remembrance Day |
| 11     | 12  | 13<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 14  | 15<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 16     | 17                    |
| 18     | 19<br>Education Evening<br>Tips and Tricks<br>Before You Go<br>TFRC 7:00 PM | 20<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 21  | 22<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 23     | 24                    |
| 25     | 26<br><b>Board Meeting</b><br><b>Bonnie Doon</b><br><b>9 a.m.</b>           | 27<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 28<br><b>Social Breakfast</b><br>SEESA 9 a.m. | 29<br><b>Exercise Program</b><br>Volleyball 3:45<br>Aerobic/Stretch 4:45 | 30     |                       |