NOVEMBER SCHEDULE OF EVENTS

THE BANDEEN CENTER — PARKINSON'S WELLNESS FOUNDATION

Color Key:

- Level 1 Fitness Class (Highest Intensity)
- Level 2 Total Body (Middle Intensity)
- Level 3 Total Body (Seated Optional)

SUN	MON	TUE	WED	THU	FRI	SAT
25	26 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 5:30pm LVL 1	27 11am LVL 1 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm PD101	28 7:30am LVL 1 10am LVL 2 12pm LVL 1 1pm Mahjong 2pm LVL 3 5:30pm Ping Pong Rally	29 11am LVL 1 12:15pm Balance & Falls workshop 1pm Game Break 2pm LVL 2 5:30pm LVL 1	30 **Costumes!** 10am LVL 2 12pm LVL 1 1pm Ping Pong Open Play 3pm Shakespeare for PD **Happy Halloween**	31 
1	2 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 3pm Good Sleep Club 5:30pm LVL 1	3 11am LVL 1 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm Singing Circle	4 7:30am LVL 1 10am LVL 2 12pm LVL 1 1pm Mahjong 2pm LVL 3	5 11am LVL 1 1pm Game Break ~~2pm LVL 2~~ Cancelled 3:15pm Dance for PD® Public (All Welcome) 5:30pm LVL 1	6 10am LVL 2 11am Ping Pong Open Play 12pm LVL 1 2:30pm LVL 3	7

Turn over for the rest of November! →

SUN	MON	TUE	WED	THU	FRI	SAT
8	9 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 3pm Good Sleep Club ~~5:30pm LVL 1~~	10 11am LVL 1 12pm Ping Pong Open Play 12pm Writing Circle 1pm SPEAK OUT!® 2pm LVL 2 5:30pm Dance for PD® Pro	11 7:30am LVL 1 10am LVL 2 11am Tai Chi 12pm LVL 1 1pm Mahjong 2pm LVL 3	12 11am LVL 1 1pm Game Break 2pm LVL 2 5:30pm LVL 1	13 10am LVL 2 11am Ping Pong Open Play 12pm LVL 1 1:30pm Boxing Workshop 2:30pm LVL 3	14
15	16 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 3pm Good Sleep Club 5:30pm LVL 1	17 11am LVL 1 12pm Soundrack of our lives 1pm SPEAK OUT!® 2pm LVL 2 3:30pm Afternoon of Argentine Tango	18 7:30am LVL 1 10am LVL 2 12pm LVL 1 1pm Mahjong 2pm LVL 3	19 11am LVL 1 12:30pm Holiday Meals 2pm LVL 2 3:15pm Dance for PD® Public (All Welcome) 5:30pm LVL 1	20 10am LVL 2 11am Ping Pong Open Play 12pm LVL 1 1:30pm Boxing Workshop 2:30pm LVL 3	21
22	23 10am LVL 2 12pm LVL 1 1pm Game Break 2pm LVL 3 5:30pm LVL 1	24 11am LVL 1 12pm Ping Pong Open Play 1pm SPEAK OUT!® 2pm LVL 2 5:30pm Dance for PD® Pro	25 7:30am LVL 1 10am LVL 2 12pm LVL 1 1pm Mahjong 2pm LVL 3	26 **CLOSED** Happy Thanksgiving 	27 **11am Open** 12pm LVL 1 1pm Ping Pong Open Play 2:30pm LVL 3	28