

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>RAO MUSUNURU M.D. CENTER'S</b> <b>NOVEMBER ACTIVITY CALENDAR</b> 12417 Clock Tower Parkway — Hudson, FL 34667 <b>CALL (727) 863-6868 FOR MORE INFORMATION</b>			1 9:00 Zumba—MC 9:30 Doll Making—AC 11:00 Beginner Line Dance—MC 6:00 Yoga—MC	2 8:30 Crafter's Group—AC 10:00 Tai Chi—MC 12:00 Rotary—MC 6:00PM Computer Lessons—AC	3 8:45 Silver Sneakers—MC 10:00 Line Dancing—MC 11:00 Hudson Stompers—MC 1:30-2:30 Tai Chi for Better Balance—MC (Class is full)	4 10:00 Yoga—MC 1:30-2:30 Tai Chi for Better Balance—MC (Class is full)
5 10:00 Tai Chi—MC 10:00-2:00 Choice Hearing Clinic—AC 11:30 Silver Sneakers—MC	6 10:00 Tai Chi—MC 10:00-2:00 Choice Hearing Clinic—AC 11:30 Silver Sneakers—MC	7 9:00 Silver Sneakers—MC 11:00 Rug Hookers—MC 6:00PM Computer Lessons—AC 6:00-8:00PM Belly Dancing—MC	8 9:00 Zumba—MC 9:30 Doll Making—AC 11:00 Beginner Line Dance—MC 6:00 Yoga—MC	9 8:30 Crafter's Group—AC 10:00 Tai Chi—MC 12:00 Rotary—MC 5:30-9:00PM Reiki Blast (Reiki Practitioners Only)—MC 6:00PM Computer Lessons—AC	10 8:45 Silver Sneakers—MC 10:00 Line Dancing—MC 11:00 Hudson Stompers—MC 1:30-2:30 Tai Chi for Better Balance—MC (Class is full)	11 10:00 Yoga—MC 1:30-2:30 Tai Chi for Better Balance—MC (Class is full)
12 10:00 Tai Chi—MC 9:30-11:00AM St. Johns Hearing Clinic—AC 11:30 Silver Sneakers—MC	13 10:00 Tai Chi—MC 9:30-11:00AM St. Johns Hearing Clinic—AC 11:30 Silver Sneakers—MC	14 9:00 Silver Sneakers—MC 9:30 Breakfast with Jackie—AC 11:00 Rug Hookers—MC 6:00PM Computer Lessons—AC 6:00-8:00PM Belly Dancing—MC	15 9:00 Zumba—MC 9:30 Doll Making—AC 11:00 Beginner Line Dance—MC 6:00 Yoga—MC	16 8:30 Crafter's Group—AC 10:00 Tai Chi—MC 12:00 Rotary—MC 6:00PM Computer Lessons—AC	17 8:45 Silver Sneakers—MC 10:00 Line Dancing—MC 11:00 Hudson Stompers—MC 1:30-2:30 Health & Wellness—Chronic Diseases—MC	18 10:00 Yoga—MC 1:30-2:30 Tai Chi for Better Balance—MC 1:30-2:30 Health & Wellness—Chronic Diseases—MC
19 10:00 Tai Chi—MC 8:00-11:00AM Beltone Hearing Care Centers—AC 11:30 Silver Sneakers—MC	20 10:00 Tai Chi—MC 8:00-11:00AM Beltone Hearing Care Centers—AC 11:30 Silver Sneakers—MC	21 9:00 Silver Sneakers—MC 11:00 Rug Hookers—MC 6:00PM Computer Lessons—AC 6:00-8:00PM Belly Dancing—MC	22 9:00 Zumba—MC 9:30 Doll Making—AC 11:00 Beginner Line Dance—MC 6:00 Yoga—MC	23  Please have a happy and safe Thanksgiving. <b>Center will be closed</b>	24 <b>Center will be closed</b>	25 <b>Center will be closed</b>
26 <b>Center will be closed</b>	27 10:00 Tai Chi—MC 10:00-2:00 Choice Hearing Clinic—AC 11:30 Silver Sneakers—MC	28 9:00 Silver Sneakers—MC 11:00 Rug Hookers—MC 6:00PM Computer Lessons—AC 6:00-8:00PM Belly Dancing—MC	29 9:00 Zumba—MC 9:30 Doll Making—AC 11:00 Beginner Line Dance—MC 3:00-5:00 Paint Your Dreams—AC 6:00 Yoga—MC	30 8:30 Crafter's Group—AC 10:00 Tai Chi—MC 12:00 Rotary—MC 3:00-5:00PM Create Your Dreams Painting—AC 6:00PM Computer Lessons—AC		

Room Location Key:  
 AC: Arts & Crafts Room  
 TR: Small Office  
 MC: Rao Musunuru M.D. Activity Center  
 GR: Garden Room



## November 2017

12417 Clock Tower Parkway  
 Hudson, FL 34667  
**(727) 863-6868**  
**WWW.CARESFL.ORG**

## RAO MUSUNURU M.D. CENTER

**Would you like to instruct a class, give a lecture or host an event for CARES?**

**Call Donna or Diana at (727) 862-9291 to discuss your ideas.**