

| ◀ November 2011   |     | ~ December 2011 ~   |   |  |   |     |  | January 2012 ▶ |
|---|-----|---|---|--|---|-----|--|----------------|
| Sun   | Mon | Tue   | Wed   | Thu  | Fri   | Sat |  |                |
|   |     |   |   | 1<br>CM – Veseth 10-12<br><br><i>***World AIDS Day***</i>            | 2<br>PE – Mike/Vilma 11-3<br>MH – Vivian 11-1 | 3   |  |                |
| 4   | 5   | 6<br>PE – Mike/Vilma 11-3<br>Nutrition - Charlie 11-2<br>Tong Ren/Meditation 1-1:45   | 7<br>Law w/Wesley - 12-2<br>Massage – 1:30-3:30 | 8<br>CM – Veseth 10-12<br><br>Housing with Heidi and<br>Janel – 11-1 | 9<br>PE – Mike/Vilma 11-3<br>MH – Vivian 11-1 | 10  |  |                |
| 11  | 12  | 13<br>PE – Mike 11-3<br>Tong Ren/Meditation 1-1:45<br>Yoga – 1:45-2:45<br>Massage – 1:30-3:30   | 14<br>Massage – 1:30-3:30                       | 15<br><i>**Danvers Move**</i><br><i>Cornerstone</i><br><i>Closed</i> | 16<br>PE – Mike 11-3                          | 17  |  |                |
| 18  | 19  | 20<br>PE – Vilma 11-3<br>Nutrition - Charlie 11-2<br>Tong Ren/Meditation 1-1:45<br>Yoga – 1:45-2:45<br><br><i>***Holiday Lunch***</i> | 21<br><br><br><i>***Holiday Lunch ***</i>       | 22<br>CM – Veseth 10-12  | 23<br>PE – Vilma 11-3<br>MH – Vivian 11-1     | 24  |  |                |
| 25<br><i>Merry Christmas to<br/>all...<br/>And to all a good<br/>night!!!</i> | 26  | 27  | 28  | 29<br>CM – Veseth 10-12  | 30  | 31  |  |                |