




November 2017

Full listing of classes on pages 5-7

Mon	Tue	Wed	Thu	Fri
		1 9:30 AM— Blood Pressure 10:00 AM— Kindness Art 1:00 PM—Book Club	2 <i>Full listing of classes on pages 5-7</i>	3 10:00 AM— Insights in Aging 12:45 PM— Shoprite: National Diabetes Month
6 <i>Full listing of classes on pages 5-7</i>	7 12:00 PM— BCPL Bookmobile 1:00 PM—First Tuesday Dance	8 10:30 AM— Thanksgiving Food Safety 101	9 11:00 AM— Veterans Day Celebration	10 CENTER CLOSED— Veterans Day
13 10:15AM— Eat Well & Flourish 12:30 PM—Mental Health Players 6:30 PM—Paint Nite	14 10:00 AM— Troubleshoot Your PC 11:00 AM—Ted Talk	15 10:00 AM— Music with Mike 11:00 AM— Pumpkin Festival	16 10:30 AM— Special Events Meeting	17 10:00 AM— Insights in Aging 12:30 PM— Birthday Party 12:45 PM— Maryland Aviation 6:00 PM— Articulated Expressions
20 12:30 PM— Resiliency BAND Together	21 12:00 PM— BCPL Bookmobile	22 10:00 AM— Brain Fitness	23 CENTER CLOSED— Thanksgiving	24 8:45 AM— McBetty's 10:00 AM—Music with Mike
27 10:00 AM— Kindness Art 12:45 PM— Aromatherapy	28 11:00 AM— Ted Talk	29 10:00 AM— Coping with Loss 10:00 AM—Vision Boards	30 10:30 AM— New Member Orientation	

Moments to Remember

Get Ready! Get Set! Get Fit! 5K Run/ Walk

Thank you to all who participated/ donated to BCDA 5K Run/ Walk. Your support helped Bykota win our 9th year in a row!! The energy, the striving, the intergenerational aspect and the festive atmosphere is what motivates our community to continue this annual event.

