

November

Ital-Canadian Seniors

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Sit and Be Fit 9:30-10:30	6	7	8	9
10	11	12 Sit and Be Fit 9:30-10:30	13	14	15	16
17	18	Sit and Be Fit 9:30-10:30	20	21	22	23
24	25	26	27	28	29	30

