November 2026 Daytime Activities (Before 5PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00p Table Tennis SF 12:00p Set up Cocktail Phanthom of the Opera	**2** 8:00a Aerobics RH 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	**3** Election Day VOTE 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle flowYoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p LeCercle Francais BR 4:00p Water Aerobics IP	**4** 8:00a Aerobics RH 10:00-12:00 Art Club. S 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 1:00p Table Tennis SF 1:00p Stitchers S 1:00p Mah Jongg RH	**5** 9:15a Aerobics SF 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	**6** 8:00a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00-4:00p Volleyball IP 5:00p Set up Arts & Craft	**7** 2:00p Table Tennis SF 1:00-4:00p Craft & Hobby Fair
8 2:00p Table Tennis SF	**9** 8:00a Aerobics RH 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	**10** 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle flowYoga SF 12:00p Ladies Lunch Bunch 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	**11** Veterans Day 8:00a Aerobics RH 9:00a ARC S 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 11:00a Veterans Tribute S lot 1:00p Table Tennis SF 1:00p Stitchers S 1:00p Mah Jongg RH	**12** 9:15a Aerobics SF 10:00a Th morn Bk Club #4 S 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	**13** 8:00a Aerobics RH 9:00a Coffee at the 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00-4:00p Volleyball IP	**14** 12:00p Set up wine Club #1 S 2:00p Table Tennis SF
15 2:00p Table Tennis SF 12:00p set up Wine Club #2 12-5 Private Rental RH	**16** 8:00a Aerobics RH 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	**17** 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle flowYoga SF 10:30-12:30 Craft Du Jour. S 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	**18** 8:00a Aerobics RH 8:30 Tai Chi 1 SF 9:30 IntroTaiChi/QiGong SF 10:00-12:00 Art Club. S 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 1:00p Table Tennis SF 1:00p Stitchers S 1:00p Mah Jongg RH	**19** 9:15a Aerobics SF 10:00a Th morn Bk Club #3 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	**20** 8:00a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00-4:00p Volleyball IP	**21** 12:00-3:00p Regency Mystery Book Club S 2:00p Table Tennis SF 12:00p Set up wine Club #3
22 2:00p Table Tennis SF 2:00p Sunday Speaker Valley Forge Park "If The Walls Could Presented by James	**23** 8:00a Aerobics RH 8:30 Tai Chi 1 SF 9:30IntroTaiChi/QiGongSF 11:00a Table Tennis SF 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	**24** 9:15a Aerobics SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	**25** 8:00a Aerobics RH 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 1:00p Table Tennis SF 1:00p Stitchers S 1:00p Mah Jongg RH	**26** Thanksgiving Day 9:15a Aerobics SF 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Canasta S 4:00p Water Aerobics IP	**27** 8:00a Aerobics RH 10:45 Line Dancing S 1:00p Canasta S 2:00-4:00p Volleyball IP	**28** 2:00p Table Tennis SF
29 2:00p Table Tennis SF 11:00-7:00p Private Rental.	**30** 8:00a Aerobics RH 8:30 Tai Chi 1 SF 9:30IntroTaiChi/QiGongSF 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	Key: BR= Billiard Rm CR=Craft Room RH=Regency Hill Clubroom RHF= Regency Hill Fitness Ce IP= Indoor Pool L=Library	GYM= Sloan Exercise Room OP- Open Play S= Sloan Clubroom SF= Sloan Fitness SPD= Sloan Pool Deck RA= Reception Area	October Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		December Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31