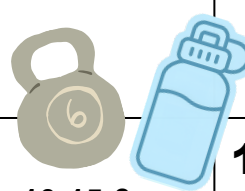
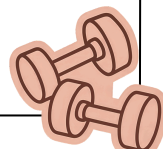


Senior Neighbors Cedar Springs Public Library



NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	3	4 9:15 - 10:15 EnhanceFitness 10:30 - 11:30 Coffee & Learn - Fall Prevention 12:00 - 1:00 Tech Support	5 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness 	6
9 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness 	10	11 No Wellness Classes or Programs Library Closed	12 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	13
16 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	17	18 9:15 - 10:15 EnhanceFitness 10:30 Coffee & Conversation 11:00 - 3:00 CompanionCare Dementia Respite 	19 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	20
23 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness		25 9:15 - 10:15 EnhanceFitness 10:30 Coffee & Conversation 11:00 - 12:00 Decorate Meals on Wheels Bags & Recipe Swap	26 No Wellness Classes Library Closed	27 
30 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	 Join us EVERY WEDNESDAY for coffee, snacks, & resources  What is CompanionCare? A new respite project that gives caregivers of older adults a four-hour break while trained volunteers offer 1-1 support and engaging activities for their loved ones. *NO COST TO ATTEND*			

616-233-0755

programming@seniornighbors.org