

# NOVEMBER 2019- MCC ACTIVITIES CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT

						01	02
						Top of The Falls Opens for the Season	
						10:00 am Tennis Drills @ Tennis Courts	
03	04	05	06	07	08	09	
		8:30 am Motorcycle Club meet @ Staging Lanes	4:45 PM Ladies Chicken Foot @ Yacht Club		10:00 am Tennis Drills @ Tennis Courts		
		10:00 am Stitch /N Bitch @ The Card Room	5:00 PM Billiards Night @ Billiards Room				
10	11	12	13	14	15	16	
	VETERANS' DAY OFFICE CLOSED NO VENDORS	8:30 am Motorcycle Club meet @ Staging Lanes	8:30 AM Men's Golf @ Golf Course	8:45 Ladies Golf @ Golf Course	10:00 am Tennis Drills @ Tennis Courts	5:30 Members Welcome Home Party @ Top of The Falls	
	12:45 PM Bocce Ball @ Bocce Ball Courts	10:00 am Stitch /N Bitch @ The Card Room	4:45 PM Ladies Chicken Foot @ Yacht Club	9:00 AM Board Meeting Open Session @ The Yacht Club			
			5:00 PM Billiards Night @ Billiards Room				
17	18	19	20	21	22	23	
9:30 am The Church of New Beginnings @ The Yacht Club	9:00 AM Town Hall Meeting @ Yacht Club	8:30 am Motorcycle Club meet @ Staging Lanes	8:30 AM Men's Golf @ Golf Course	8:45 Ladies Golf @ Golf Course	10:00 am Tennis Drills @ Tennis Courts		
	12:45 PM Bocce Ball @ Bocce Ball Courts	10:00 am Stitch /N Bitch @ The Card Room	4:45 PM Ladies Chicken Foot @ Yacht Club				
			5:00 PM Billiards Night @ Billiards				
24	25	26	27	28	29	30	
9:30 am The Church of New Beginnings @ The Yacht Club	9:20 AM Ladies' Golf @ The Golf Course	8:30 am Motorcycle Club meet @ Staging Lanes	8:30 AM Men's Golf @ Golf Course	THANKSGIVING OFFICE CLOSED	OFFICE CLOSED		
	12:45 PM Bocce Ball @ Bocce Ball Courts	10:00 am Stitch /N Bitch @ The Card Room	4:45 PM Ladies Chicken Foot @ Yacht Club	8:45 Ladies Golf @ Golf Course	GOLF COURSE CLOSED FOR EVENT		
			5:00 PM Billiards Night @ Billiards Room	11:00 AM Thanksgiving Buffet @ Top of The Falls	10:00 AM Couples Golf Scramble @ The Golf Course		

# NOVEMBER 2019- MCC FITNESS CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT

						01	02
						8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool	
03	04	05	06	07	08	09	
8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool 3:30 pm Life Stretch @ The Yacht Club	8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 am Equipment Orientation @ The Fitness Center	8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club 12:30 pm Life Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool			
10	11	12	13	14	15	16	
8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool 3:30 pm Life Stretch @ The Yacht Club	8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 am Equipment Orientation @ The Fitness Center	8:30 am Aqua Strength @ Clubhouse Pool 9:45 am Walk @ The Fitness Center 3:30 pm Life Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool			
17	18	19	20	21	22	23	
8:00 am Walk Cancelled 9:45 am Aqua Healthy Joints @ Clubhouse Pool 9:45 am Gentle Yoga Cancelled 3:30 pm Life Stretch @ The Yacht Club	8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 Chair Yoga @ The Yacht Club 9:45 am Equipment Orientation @ The Fitness Center	8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club 3:30 pm Life Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 am FriYAY Yoga @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool			
24	25	26	27	28	29	30	
8:00 am Strength @ The Yacht Club 9:45 am Aqua Healthy Joints @ Clubhouse Pool 9:45 am Gentle Yoga @ The Yacht Club * 3:3 pm0 Life Stretch @ The Yacht Club	7:45 am The Cove To Lake Trail @ MCC Staging Lanes 8:30 am Aqua Strength @ Clubhouse Pool 10:00 am Core, Balance and Stretch @ The Yacht Club	8:00 am Strength @ The Yacht Club 9:45 Chair Yoga @ The Yacht Club * 9:45 am Equipment Orientation @ The Fitness		9:45 am FriYAY Yoga @ The Yacht Club *	7:45 am Randall Henderson Trail & Visitor's Center @ MCC Staging Lanes		

\* Pay to Play: 15.00 per person per class

Revised 11/15/19