NOVEMBER 2019- MCC ACTIVITIES CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					O1 Top of The Falls Opens for the Season 10:00 am Tennis Drills @	02
					Tennis Courts	
03	04	8:30 am Motorcycle Club meet @ Staging Lanes 10:00 am Stitch /N Bitch @ The Card Room	4:45 PM Ladies Chicken Foot @ Yacht Club 5:00 PM Billiards Night @ Billiards Room	07	10:00 am Tennis Drills @ Tennis Courts	09
10	11	12	13	14	15	16
	VETERANS' DAY OFFICE CLOSED NO VENDORS 12:45 PM Bocce Ball @ Bocce Ball Courts	8:30 am Motorcycle Club meet @ Staging Lanes 10:00 am Stitch /N Bitch @ The Card Room	8:30 AM Men's Golf @ Golf Course 4:45 PM Ladies Chicken Foot @ Yacht Club 5:00 PM Billiards Night @ Billiards Room	8:45 Ladies Golf @ Golf Course 9:00 AM Board Meeting Open Session @ The Yacht Club	10:00 am Tennis Drills @ Tennis Courts	5:30 Members Welcome Home Party @ Top of The Falls
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 12:45 PM Bocce Ball @ Bocce Ball Courts	8:30 am Motorcycle Club meet @ Staging Lanes 10:00 am Stitch /N Bitch @ The Card Room	8:30 AM Men's Golf @ Golf Course 4:45 PM Ladies Chicken Foot @ Yacht Club 5:00 PM Billiards Night @ Billiards	8:45 Ladies Golf @ Golf Course	10:00 am Tennis Drills @ Tennis Courts	
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 12:45 PM Bocce Ball @ Bocce Ball Courts	8:30 am Motorcycle Club meet @ Staging Lanes 10:00 am Stitch /N Bitch @ The Card Room	8:30 AM Men's Golf @ Golf Course 4:45 PM Ladies Chicken Foot @ Yacht Club 5:00 PM Billiards Night @ Billiards Room	THANKSGIVING OFFICE CLOSED 8:45 Ladies Golf @ Golf Course 11:00 AM Thanksgiving Buffet @ Top of The Falls	GOLF COURSE CLOSED FOR EVENT 10:00 AM Couples Golf Scramble @ The Golf Course	

NOVEMBER 2019- MCC FITNESS CALENDAR

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