

# **Rendezvous Club**

November

## **Programs and Events**

### **Christmas Craft**

This month we will start working on our quilted holiday ornaments!



### **Exercises**

Chair Yoga

Breathing and Meditation

Chair Exercises

Chair Zumba

### **Table Games and Mental Aerobics**

Qwirkle

Whist

Word in a Word

Name that Tune

Through the Decades

iPad Programs

Group Crosswords

Tile Rummy

Wheel of Fortune

And much more!