 **“I learned to know the love of bare November days.” ~Robert Frost**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1 | 2C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\Y9CHO3LT\1204033312_1d0745cb24_z[1].jpg |
|  |  |  |  |  | **Team Training** |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| **Winter Wellness contest begins** | **6:45 – 10:45 AM****1:30 – 5:30 PM****Bulletproof your body@5:30** | **6:45-8:45 AM****4:00 – 6:00 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** |  |  |
| C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\LV4HLOE1\veterans_day[1].jpg10 | 11 **Veterans Day!** | 12 | 13 | 14 | 15 | 16 |
|  | **6:45 – 10:45 AM****1:30 – 5:30 PM****SP 10 day detox program@5:30** | **6:45-8:45 AM****4:00 – 6:00 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** |   |  |
| 17  | 18 | 19 | 20 | 21 **CARD DAY!** | 22 | 23 |
|  | **6:45 – 10:45 AM****1:30 – 5:30 PM** **Healthy holiday recipes@5:30** | **6:45-8:45 AM****4:00 – 6:00 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** | **6:45 – 10:45 AM****1:30 – 5:30 PM** |  |  |
| 24C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\XE1R97X4\give_thanks[1].png | 25**6:45 – 10:45 AM****1:30 – 5:30 PM** ***C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\VEJII8F5\pitr-red-arrows-set-2[1].png*Make you own oil perfume@5:00- $10 per person paid in advance** | 26**6:45-8:45 AM****4:00 – 6:00 PM****Dr Jillian out of office** | 27**6:45 – 10:45 AM****1:30 – 5:30 PM*****C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\LV4HLOE1\pitr-red-arrows-set-2[1].png*** | ***C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\LV4HLOE1\happy_thanksgiving_turkey_wooden_ornament_sign[1].jpg***28***Closed for Thanksgiving*** | 29 | 30  |
|  |  |  |  |  |  |  |