

# November 2024

MON	TUE	WED	THU	FRI
<b>ROC Hours</b> <u>Mon – Thurs</u> 8am – 5pm  <u>Friday</u> 8am – 12pm	<b><u>Pickleball Night Sessions</u></b> <u>6pm – 9pm</u>  November 5 <sup>th</sup> November 12 <sup>th</sup> November 19 <sup>th</sup>	<b><u>ROC Basketball In-person Registrations</u></b> <u>10am – 12pm</u>  November 2 <sup>nd</sup> November 9 <sup>th</sup> November 16 <sup>th</sup>		<b>1</b> <u>Pickleball</u> 9am – 12pm
<b>4</b> <u>Pickleball</u> 9am – 12pm  <u>REFIT Revolution</u> 10am – 11am	<b>5</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>6</b> <u>Pickleball</u> 9am – 12pm	<b>7</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>8</b> <u>Pickleball</u> 9am – 12pm
<b>11</b> <u>Veteran's Day</u>  <u>CLOSED</u>	<b>12</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>13</b> <u>Pickleball</u> 9am – 12pm	<b>14</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm	<b>15</b> <u>Pickleball</u> 9am – 12pm
<b>18</b> <u>Pickleball</u> 9am – 12pm <u>REFIT Revolution</u> 10am – 11am <u>ROC Basketball Registration</u> 6 – 8pm	<b>19</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>20</b> <u>Pickleball</u> 9am – 12pm	<b>21</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>22</b> <u>Pickleball</u> 9am – 12pm
<b>25</b> <u>Pickleball</u> 9am – 12pm  <u>REFIT Revolution</u> 10am – 11am	<b>26</b> <u>Chair Aerobics</u> 9 – 10am <u>Pickleball</u> 9am – 12pm <u>Basketball</u> 12 – 3pm	<b>27</b> <u>Thanksgiving Break</u>  <b>Closed</b>	<b>28</b> <u>Thanksgiving!</u>  <b>Closed</b>	<b>29</b> <u>Thanksgiving Break</u>  <b>Closed</b>