


November 2023

Week 1 (November 6-10, 2023)

November 7th (Tuesday)
9am - Diabetic Eye Disease Month 


November 7 (Tuesday)
1pm - Discussion Group (El Cerrito)

Week 3 (November 20-24, 2023)

November 21st (Tuesday)
9am - Thanksgiving Tree Crafts 


November 23rd (Thursday)
No Discussion Group (Holiday)

Week 2 (November 13-17, 2023)

November 14th (Tuesday)
9am - R4 Recycling Day Event 

November 15th (Wednesday)
10am - Discussion Group (Oakland)

Week 4 (November 27-30, 2023)

November 28th (Tuesday)
9am - National Day of Giving 

 = Guest Speaker

 = Cooking Demo.

 = Crafts Activity