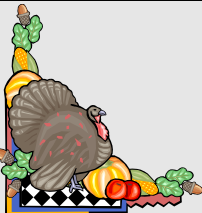


Bangor Community Support Calendar: November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Exercise am Volunteer –	4 Exercise am Nature Trek	5
6	7 Exercise am YMCA Cooking Program	8 Exercise am 10am – Ronald McDonald House –Volun	9 Exercise am Volunteer Opport.	10 Exercise am Volunteer –	11 Exercise am Nature Trek	12
13	14 Exercise am YMCA Art project Cooking Act.	15 Exercise am Tae Kwon Do Volunteer – Good Shepard	16 Exercise am Walking – Bangor Bog Walk	17 Exercise am Volunteer – Wreath/Swag making project	18 Nature Trek Indoor games Decorating - holidays	19 Special Olympic's Craft Fair
20	21 YMCA Art project UNO's fundrs.	22 Exercise am Nature Trek "Bongo Class"	23 Cooking Activity Knitting Group Volunteering	24 Thanksgiving Holiday Program Closed	25 Thanksgiving Holiday Program Closed	26
27	28 Exercise am YMCA Cooking group	29 Exercise am Salvation Army – Soup Kitchen volunteering	30 Volunteer @ Good Shepard Art Cooking			