

Intercultural Family Support Center Events Calendar – November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4: Zumba with Monica 7-8 p.m. https://bit.ly/3m6Yyfpc	5: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	6
7	8: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	9: Art with Angell https://bit.ly/3gTqqSw	10: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	11:	12: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	13: Park Day Arlington st. park Framingham, MA
14: Park Day Ward Park Marlborough, MA	15: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	16	17: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	18: Zumba with Monica 7-8 p.m. https://bit.ly/3m6Yyfpc	19: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	20
21	22: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	23: Art with Angell https://bit.ly/3gTqqSw	24: Bodyweight Strength Class 6-7p.m https://bit.ly/38FmK1S	25: Thanksgiving	26: Meditation Fridays 1-1:45 p.m. https://bit.ly/38xEnkk	27
28	29: Office hours at Pelham Rec center: Location: 103 second st. Framingham 10:30 – 1:30 p.m.	30:				

