

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				9:15 – 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30-11:30 The Garden of Eden 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “A Mile in His Shoes” 1:00-3:00 Quilters	9:15 Medicare Counseling 9:20 Attorney 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15 Memory Loss Support Group 9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00-11:30 Veterans Day Remembrance 10:00 Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 Holiday Card Craft	Tara Mansion Tour 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 9:30-11:30 Tap Dance 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Zentangle	9:15– 10:00 SMILE 9:15 Benefits Check Up 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30-3:00 Bingo 12:30 Open Play
4	5	6	7	8
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 10:30-11:30 The Garden of Eden 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot	9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00 Hearing Aid Service 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability	9:30– 3:30 Book and Puzzle Sale 9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet	9:00-10:30 Blood Pressure Checks 9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30– 2:30 Book and Puzzle Sale 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
11	12	13	14	15
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 12:30 Movie Matinee “Twisters” 1:00 Emergency Preparedness 1:00-3:00 Quilters	9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 10:30-11:30 Beginners Yoga 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability 1:00 TechKNOWledge with Teens 1:00 Approaching the Holiday’s with a Dementia Individual	9:30-10:15 Express Circuit 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00-11:30 Bunco 10:45-11:45 Yoga 11:30-12:15 SMILE 11:30-1:00 Thanksgiving Drive-By Lunch 12:30-1:15 Flex, Movement & Balance 12:30 Open Play 1:00-3:00 Knit/Crochet 1:00 Zentangle 1:30 Smoking Cessation	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 9:30-11:30 Watercolor Painting 10:00 Attorney 10:15-11:00 Functional Training 11:00-12:00 Mah Jongg Instruction 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Open Play 12:30-3:00 Bingo
18	19	20	21	22
9:15– 10:00 SMILE 9:15– 10:00 Asian Exercise 9:15-10:00 Bodyweight Basics 10:00 Pokeno 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:15-1:00 Senior Stability 12:30 Bridge 12:30 Hand & Foot 1:00-3:00 Quilters 2:30 Book Discussion (Strongs. Library)	9:15 Medicare Counseling 9:30-10:15 Express Circuit 9:30 Pinochle Instruction 10:00-11:00 Line Dance 10:30-11:30 Yoga 11:30-12:15 SMILE 12:00 Wii Bowling 12:30 Pinochle 12:30-1:15 Flex, Movement & Balance 1:00 Classical Painting 1:00 Rummikub/Dominos 1:00-3:00 Woodcarvers	9:15– 10:00 SMILE 9:15-10:00 Bodyweight Basics 9:30-11:30 Open Woodshop 10:00 - Creative Crafts 10:15-11:00 Functional Training 11:15-12:00 Cardio Fit 12:00 Mah Jongg 12:15-1:00 Senior Stability	<h2 style="margin: 0;">Happy Thanksgiving</h2> <h2 style="margin: 0;">Senior Center Closed</h2>	
25	26	27	28	29