

November 2024

Monday		Tuesday		Wednesday		Thursday		Friday											
<h1>November 2024</h1>						Available every day: 8:30 AM—4:15 PM Billiards Computer Room		Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment		01									
								Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM		04	Beginner Line Dancing 10:00 AM Senior Circle 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM		05	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM		06	Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming 10:00 AM Senior Circle 10:00 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:20 PM Hand & Foot 1:00 PM Quilting 1:00 PM Zumba Gold 2:30 PM		07
CLOSED Veterans Day						11		Senior Advisory Committee 9:00 AM Beginner Line Dancing 10:00 AM Senior Circle 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Red Hats Meeting 1:00 PM Movie: The Fall Guy 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM		12	13		Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM		14	15		Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Podiatry & Foot Care—By Appointment	
								AARP SMART Driver Course 8:45 AM Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM		18			Beginner Line Dancing 10:00 AM Senior Circle 10:00 AM Book Group 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM		19			Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Newcomers Meeting 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	
CLOSED Happy Thanksgiving						25		Paint Program 9:30 AM Beginner Line Dancing 10:00 AM Senior Circle 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM		26	27		28		29		CLOSED Happy Thanksgiving		
								Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM		25									Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Birthday Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM