

Monday

Tuesday

Wednesday

Thursday

5

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:45 a.m. -- Yoga
12:00 p.m.—Senior Life
Pizza/Bingo
6:30 p.m. – Pinochle/Exercise Rm.

6

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

7

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
10 a.m. Produce Day for Signed Up
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo

8

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. – Bingo
6 p.m. – Game Night

12

**Veterans
Day Program**
@ 11 a.m.



Center is Closed Today!

13

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

14

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo

15

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
Thanksgiving Feast!
1:00 p.m. – Bingo
6 p.m. – Game Night

19

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:45 a.m. - Yoga
12:00 p.m.—Lunch
1:00 p.m.—Monopoly Games
6:30 p.m. – Pinochle/Exercise Rm.

20

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

21

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1:30 p.m. – Bingo

22

**Happy
Thanksgiving!!**



Center is Closed Today!

26

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
11:45 a.m. - Yoga
12:00 p.m.—Lunch
1:00 p.m. – Bible Study
6:30 p.m. – Pinochle/Exercise Rm.

27

8 a.m.-3:45 p.m. – Exercise Room
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo
1 p.m. & 2:15 p.m. Silver Sneakers

28

8 a.m.-3:45 p.m.- Exercise Room
9 a.m. – Noon – Line Dancing
10 a.m. – Noon – Wii Bowling
12 p.m. – Lunch (Must Sign Up)
1 p.m. – Bingo

29

8 a.m. – 3:45 p.m.- Exercise Room
8:45 a.m. - Strong Bones
10 a.m. – Silver Sneakers
12 p.m. – Lunch (Please sign up)
1:00 p.m. – Big Bingo
6 p.m. – Game Night