




































Mon	Tue	Wed	Thu	Fri
3 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Creative Writers Group /G 10- Joe Clark Drum Circle / D-CA 11:15- Chair Exercise /Lobby	4 8:30- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Family Feud /CA 11- Int. & Adv. Line Dance \$/D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 12:30p- Diabetes Prevention /G 	5  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- Trivia Challenge /CAFE 9:30- Basket Weaving \$ /CA  10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	6 8:30- Silver Sneakers \$ /D-CA  9:30-11:30 - Quilts for Kids /CA 10- 500 Bid Card Game /C 10- Prepping Your Home for Winter /Lobby 11:15- Chair Volleyball /Lobby 12:30- Yarn Workers Club /CA 1- Silver Triangle Meeting /G	7 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G
10 8:30- Breakfast in the Café \$  8:30- Chair Massage \$ (by appt)  9- Chair Yoga \$ /Lobby 10- Coffee & Discussion /CA 11:15- Chair Exercise /Lobby 12:30- Winter Weather Preparedness /CA  5- Quilts for Kids /D-CA	11 Center is Closed  GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am <u>Located in the Wellness Room</u>	12 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Veterans Day Program /CA  10:15- Walking Club /C 10:15- Bible Study Disc. /G 10:15- Chair Exercise /Lobby 12:30- Chair Volleyball /Lobby	13 8:30- Silver Sneakers \$ /D-CA  9- Book Folding \$ /G  10- 500 Bid Card Game /C 10- Birthday/Anniversary Party fea. Jerry Overby /CA 12:30 - Chair Volleyball /Lobby	14 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G Join us for our Craft Fair Saturday, November 15th from 9 am—2 pm!
17 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:15- Monday Bingo \$ /CA 10- Creative Writers Group /G 10- Scrapbooking with Bev /CR 11:15- Chair Exercise /Lobby 5- Quilts for Kids /D-CA	18 8:30- Silver Sneakers \$ /D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Hearing Health Talk Pres /CA 10- Grief & Loss Support /G 10- Pinochle /C 11- Int. & Adv. Line Dance \$/D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA 	19 8:30- Breakfast in the Café \$  8:30- Wellness Checks / W 9- Chair Yoga \$ /Lobby 9:30- Paint with Pat \$ /CA  10:15- Walking Club /C 10:15- Devotions /CO 10:15- Chair Exercise /D-CA 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	20 Holiday Meal 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- Book Club /CO 10-Now You Have It (\$5 Gift) /G 12:30- Chair Volleyball /Lobby 1- Silver Triangle Meeting /G 	21 8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /Lobby 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /Lobby 10:15- Cardio Drum/Dance /G
24 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- Life's Essential 8 /CA  11:15- Chair Exercise /Lobby 12:45p- Raising Your Holiday Spirits CA	25 8:30- Silver Sneakers \$ /D-CA  8:30- Veteran's Outreach (by appt)  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- Watercolor Class \$ /CR  11- Int. & Adv. Line Dance \$/D-CA 11- Dominoes /Cafe 11:15- Chair Volleyball /Lobby 1- Hatha Yoga \$ /D-CA 	26 8:30- Breakfast in the Café \$  8:30-9:30- Chair Yoga \$ /Lobby 9:30- Dessert & Holiday Craft Auction \$ /CA 10:15- Walking Club /C 11-Show Me Your Muscles /D-CA 12:30- Chair Volleyball /Lobby	27 Center is Closed  DAILY 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room <i>(Located inside of the Cafeteria)</i> 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café	28 Center is Closed   LEGEND: A = Auditorium, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room