

Calendar of Activities - November 2022

	Tuesday - November 1	Wednesday - November 2	Thursday - November 3	Friday - November 4
	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Intermediate Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:00a-5:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:00a Zumba (Rec Center) 10:00-11:15 Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Strengthen Exercise 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - All Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - November 7	Tuesday - November 8	Wednesday - November 9	Thursday - November 10	Friday - November 11
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00a-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Inter. Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Intermediate Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:00a-5:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 10:00-11:10a Zumba (Rec Center) 10:00-11:15a Top Dollar Music 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	VETERANS DAY CENTER CLOSED  THANK YOU !
Monday - November 14	Tuesday - November 15	Wednesday - November 16	Thursday - November 17	Friday - November 18
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00a-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Inter. Couples Western Dance	6-7a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Intermediate Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:00a-5:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Yoga with Don 9:00-11:00a Acrylic Painting 9:00-12:00n JOLLY TIMES 10:00-11:00a Zumba (Rec Center) 10:15-11:15a Trad'l Exer. with Don 12:30-3:30p Mexican Train 1:00-5:00p Line Dance 3:00-4:00p Yoga with John 6:00-8:00p Beg. Couples Western Dance	9:00-10:00a Strengthen Exercise 9:30a-12:30p Hair Cuts by Appointment 10:00-11:15a DeLeon Music 10:00-12:00n Drop in Art - all Types 10:00-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance
Monday - November 21	Tuesday - November 22	Wednesday - November 23	Thursday - November 24	Friday - November 25
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-10:00a Book Club 10:00a-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Inter. Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Intermediate Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:00a-5:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill	THANKSGIVING HOLIDAY CENTER IS ONLY OPEN FOR THANKSGIVING LUNCHEON 	THANKSGIVING HOLIDAY CENTER CLOSED
Monday - November 28	Tuesday - November 29	Wednesday - November 30		
6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00a-10:00a Book Club 10:00a-12:00n Crochet / Knitting Group 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 1:00-3:30p Mah-Jongg 1:00-3:00p Beg. Western Dance 1:15-2:30p 2500 Card Game 7:00-9:00p Inter. Couples Western Dance	6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-11:00a Decorative Card Crafting 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:00-11:00a Zumba (Rec Center) 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:30-3:30p Yoga with Don (Rec Ctr) 3:00-5:00p Intermediate Line Dance	6-7:00a Fast Fitness w/Beth (Rec Ctr) 9:00-10:00a Strengthen Exercise 9:00-11:30a Crafters 9:00a-5:00p Music Lessons by appointment 9:30-11:30a Memoir Writing Class 10:15-11:15a Traditional Exercise 12:30-4:00p Drop in Art 4:00-5:00p Tai Chi with Bill		