Calendar of Activities - November 2024				
NOVEMBER THE NOVEMBER LUNCH MENU IS AVAILABLE FOR PICK UP IS AVAILABLE FOR PICK UP		NOTE: THIS CALENDAR DOES NOT INCLUDE ALL ACTIVITIES & EVENTS OFFERED AT THE SENIOR CENTER. SEE THE NEWSLETTER FOR ADDITIONAL INFORMATION.		Fridav - November 1 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p Bridge 12:00-4:00p Bridge 12:00-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Basic Acrylic Painting 3:00-7:30p Beg.Couples Western Dance 7:00-7:30p Western Dance
9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15a-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 11:00a-1:00p Bunco 12:00-1:008 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sit & Sew 1:00-3:00p 2500 Card Game 1:00-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation	9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 11:15a-11:5b Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata	Wednesday - November 6 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Centle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Crafters 10:00-11:00a Drop-in Crafters 10:00-11:00a Grief Support 10:00a-12:00n Drol-In Crafters 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30b Balance with Don 12:00-4:00p Bridge 1:00-4:00p Prugal Living 1:00-4:00p Prugal Living 1:00-4:00p Prugal Living 1:00-4:00p Traging Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karche Night 5:30-6:30p Aromatherapy	Thursday - November 7 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-11:00a Dance Aerobics 9:00-11:00a Dance Aerobics 10:00-11:00p Advanced Watercolor 11:30a -12:30p Advanced Watercolor 11:30a -12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:300-3:00p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Mixed Media Art 2:30-3:515p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Friday - November 8 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting/ Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p Bridge 12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg. Couples Western Dance 7:00-7:30p Western Dance
Monday - November 11 VETERANS DAY SENIOR CENTER CLOSED Thank You Veterans	Tuesday - November 12 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Native Amer. Creation Stories 9:00a-12:00n Drop-in Ping Pong 10:00-11:00a Peer Support 10:00-11:00a Peer Support 10:00-11:00a Peer Support 10:00-11:00a Peer Support 10:00-2:00p American Mah-ionog 11:15a-11:5p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage 2:30-3:30p Poga 3:30-4:30p Beginning Karate 5:00-7:00p Senior Tabata	Wednesday - November 13 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00-11:00a Grief Support 10:00a 12:00n Drop-in Crafters 10:00a 12:00n AM Ceramics 10:00a-12:00n AM Ceramics 10:00a-12:00n AM Ceramics 10:00a-12:00n AM Ceramics 10:30-11:45a Tor Dollar Music 11:30a-12:30b Balance with Don 12:00-4:00p Bridge 1:00-4:30p Begienning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night 5:30-6:30p Aromatherapy	Thursday - November 14 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-11:00a Dance Aerobics 9:00-11:00a Memoir Writing Class 10:00-11:00a Advance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00-1:00p Circuit/Equipment Training 12:00-1:00p Mexican Train 1:00-3:00p Mexican Train 1:00-3:00p Mexican Train 1:30-2:30p Mixed Media Art 2:30-3:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Fiday - November 15 9:00-10:00a Zumba Gold 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing for Fun 12:00n-1:00p Bridge 12:00-4:00p Bridge 12:00-4:00p Bridge 12:00-4:00p Beg. Vestern Line Dance 3:00-5:00p Basic Acrylic Painting 3:00-5:00p Bred, Revision Pance 3:00-5:00p Bred, Couples Western Dance 5:00-7:00p Reg. Couples Western Dance 5:00-7:00p Western Dance Lesson 7:30-10:00p Western Dance
Monday - November 18 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00a 10:11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00b Reigning Drawing 1:00-3:00p Beginning Drawing 1:00-3:00p Beg. Western Line Dance 2:00-3:00p Pre-Beginning Line Dance 3:15-4:15b Meditation	Tuesday - November 19 7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-11:00a Book Club 9:00-11:00a Book Club 9:00-11:00a Book Club 9:00-11:00a Book Club 10:00-11:00a Bingo 10:00a-12:00n American Mah-ionga 11:15a-115b Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:30-2:00p What Is My Purpose? 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:30-4:00p Decoupage 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Denior Tabata	Wednesday - November 20 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 9:30-10:30a SR. CTR. BIRTHDAY PARTY 10:00a-12:00n AM Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:300 Bidane with Don 12:00-4:300 Bridge 1:00-4:300 Brejaning Hand & Foot 4:00-5:000 Fai Chi Beyond Basics 5:00-8:300 Karaoke Night 5:30-6:300 Aromatherapy	Thursday - November 21 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p JOLLY TIMES 10:00-11:00p Advanced Watercolor 11:30a-1:00p Advanced Watercolor 11:30a-1:00p Advanced Watercolor 11:30a-1:00p Advanced Watercolor 11:30a-1:00p Advanced Watercolor 11:30a-1:00p Advanced Watercolor 11:30a-2:00p Mexican Train 11:30a-2:00p Mexed Media 1:30a-2:30p Traditional Exercise 1:30a-2:30p Mixed Media Art 2:30a-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Friday - November 22 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:00-11:00a Exploring Your Pallet 10:15a-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 11:15a-12:15p Drawing for Fun 12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Decorative Cards 1:30-3:00p Basic Acrylic Painting 3:00-5:00p Pre-Bedinning Line Dance 5:00-7:00p Beq. Cuples Western Dance 7:00-7:30p Western Dance
Monday - November 25 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:008.10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Brog-n Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:008 1:00-2:00p Circuit/Equip Training 12:30-5:00p Sewing 1:00-3:00p Beginning Drawing 1:00-3:00p Beg. Western Line Dance 2:00-3:00p Pre-Beginning Line Dance 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation	Tuesday - November 26 6:00-6:458 Fast Fitness 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-11:00a Book Club 9:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongg 11:15a-115p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 12:00-2:00p What Is My Purpose?	Wednesday - November 27 8:00-10:00a Gentle Stretch Exercise 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 11:30a-12:30p Balance with Don 12:00-4:00 Bridge 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - November 28 THANKSGIVING HOLIDAY CENTER IS ONLY OPEN FOR THANKSGIVING LUNCHEON	Friday - November 29 THANKSGIVING HOLIDAY SENIOR CENTER CLOSED