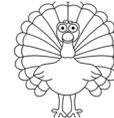


# November 2016



"The Senior Center is the Place To Be..."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Walking Club 9:00 Blood Pressure 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament	2 9:30 Pilates 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	3 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 11:45 Lunch & A Movie*** 12:30 Photography Class	4 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
7 9:30 Coloring & Coffee*** 9:30 Pilates 12:00 Lunch***	8 8:00 Monthly Breakfast 8:30 Walking Club 9:00 Blood Pressure 10:15 Chair Massage*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	9 9:00 Podiatry Clinic*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 1:00 Bingo 2:30 Falls Prevention	10 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class 1:00 COA Board Meeting 1:00 Atty: Bergeron Asset Protection***	11 <b>CLOSED VETERAN'S DAY</b>
14 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 12:00 Happy Birthday Lunch*** 1:00 Not Without Sight***	15 8:30 Walking Club 9:00 Blood Pressure 10:00 Craft Class*** 10:00 Legal Hour*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong 4:00 Pool Tournament  ***TWIN RIVER DAY TRIP***	16 9:30 Pilates 10:00 Senior Support Foundation Meeting 11:00 Yoga 12:00 Thanksgiving Luncheon with Shane Wood Trio*** 2:30 Falls Prevention	17 8:30 Walking Club 10:00 Watercolor 10:30 Energy Focus Movement 12:30 Photography Class  ***SILVER SIZZLE REVIEW DAY TRIP***	18 9:30 Quilting 10:00 Line Dancing 1:00 Tune Timers
21 9:00 Manicurist*** 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	22 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	23 9:30 Pilates 11:00 Yoga  CLOSED AT NOON	24 <b>CLOSED</b>	25 <b>CLOSED</b>
28 9:30 Coloring & Coffee*** 9:30 Pilates 11:00 Yoga 12:00 Lunch***	29 8:30 Walking Club 9:00 Blood Pressure 10:30 Energy Focus Movement 12:30 Zumba Gold 1:30 Chi Gong	30 9:30 Pilates 11:00 Yoga 12:00 Lunch*** 2:30 Falls Prevention	*** Reservations are Requested in Advance.	