

Senior Activities for November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM KEY AA Activity Room A CF Conference Room AB Activity Room B WS Workshop Room C Computer Room AC Arts & Craft Room E Exercise Room SA Special Activity Room CB Community Rm B B Billiards Room CA Community Rm A HR Health Room Movie information on page 12				1 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issues CF 11:00 What's Your Story SA 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	2 <u>RM</u> 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Watercolor Class AC 12:00 Movie SA
Programs in bold and with * continue through the month.					
4 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Low Impact Dance E 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	5 <u>RM</u> 9:00 Open Computer * C 9:00 Co-ed Billiards* B 9:30 Friendship Circle * SA 9:30 Registration CA 9:30 AARP Board Mtg CB 10:00 Rummikub AA 11:45 Lunch CA 12:30 Healthy Bones CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretchercize E 5:30 Pickleball CA/CB 5:30 Open Computer* C 5:30 Lifelong Learning* SA 5:30 Billiards for All Ages* B 6:00 Setback Nights AA	6 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Matter of Balance AC 10:15 <i>Storyteller Cottage</i> <i>Maple Tree Cafe</i> 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	7 <u>RM</u> 8:30 Outdoor Walking Grp* 9:00 Co-ed Billiards* B 9:00 Italian Intermediate* AC 9:30 Friendship Circle* SA 10:00 Veterans Photo Booth CACB 10:00 Italian Advanced* AC 10:00 Setback* AB/AA 10:15 Intermediate Line Dance * E 11:45 Beginners Line Dance* E 11:45 Veterans Luncheon CACB 1:00 Stretchercize* E 1:00 Creative Crafters* AC 1:00 Wii Bowling AB/AA 1:30 Mac, Smart & iPad Assistance 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 5:30 Color Stress Relief * AC 5:30 Movie * SA 5:30 Open Computer * C 5:30 Mahjongg* AA 5:30 Billiards for All Ages* B 6:00 Tai Chi CB 6:00 Trivia AB	8 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB 1:00 Creative Crafters AC 7:00 Cabaret	9 <u>RM</u> 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Studio AC 12:00 Movie SA 7:00 Cabaret
CLOSED VETERANS DAY					
					
12 <u>RM</u> 10:00 Hearing Screening HR 10:00 Rummikub AA 11:30 <i>The Kate -Met Encore -</i> 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Canasta AA 1:00 Chess AC 1:00 Pinochle AB 1:00 Stretchercize E 4:30 RiverQuilters AB 5:30 Pickleball CA/CB 6:00 Setback Night AA	13 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Matter of Balance AC 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	14 <u>RM</u> 8:40 Foot Clinic HR 11:45 Lunch CA 12:30 UTI in the Elderly CB 1:00 Wii Bowling AB/AA 1:30 Mac, Smart & iPad Assistance 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 6:00 Tai Chi CB 6:00 Learn CROKINOLE AB	15 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 10:00 Current Issues CF 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	16 <u>RM</u> 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Watercolor Class AC 12:00 Movie SA 1:00 Learn CROKINOLE	
18 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Low Impact Dance E 10:30 <i>Belvedere Restaurant</i> 11:45 Birthday Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	19 <u>RM</u> 8:40 Foot Clinic HR 10:00 Rummikub AA 11:45 Lunch CA 12:00 AARP General Mtg CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretchercize E 3:15 Techy Teen AB 5:30 Pickleball CA/CB 6:00 Setback Nights AA 6:00 Computer Assist. Appt. C	20 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Matter of Balance AC 10:15 <i>Webb-Deane-Stevens</i> <i>Museum</i> 11:45 Lunch CA 12:15 Indoor Walking CB 12:15 Nat Geo Video CA 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	21 <u>RM</u> 9:00 Italian Intermediate AC 9:30 Friendship Circle SA 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 10:30 Book Discussion CF 11:45 Beginners Line Dance E 11:45 Thanksgiving Luncheon CA 12:30 AARP Smart Driver CF 1:00 Wii Bowling AB/AA 1:30 Mac, Smart & iPad Assistance 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E 5:30 Color Stress Relief AC 6:00 Tai Chi CB 6:00 Trivia AB	22 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 10:00 LOW VISION GRP SA 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB 1:00 Creative Crafters AC	23 <u>RM</u> 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA 12:00 The Big Sing CACB
25 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Low Impact Dance E 10:30 <i>Mykonos Mediterranean</i> <i>Restaurant</i> 11:45 Lunch CA 12:15 Indoor Walking CB 12:15 Nat Geo Video CA 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	26 <u>RM</u> 8:40 Foot Clinic HR 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 12:15 Dental Hygiene Talk 1:00 Canasta AA 1:00 Chess AC 1:00 Pinochle AB 1:00 Stretchercize E 5:30 Pickleball CA/CB 6:00 Setback Nights AA	27 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Matter of Balance AC 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	28 <u>RM</u> CLOSED	29 <u>RM</u> CLOSED	30 <u>RM</u> 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Compute C 9:30 Open Art Studio AC 12:00 Movie SA
					