

THE SENIOR CENTER CALENDAR OF EVENTS – NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IT'S MEDICARE OPEN ENROLLMENT TIME OCT 15 – DEC 7	To make an appointment with a certified SHIP counselor for free, information regarding Medicare health care products call 287-6409	NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH		8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1
8:45 Aerobics 4 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 5:30 ZUMBA WEAR PURPLE MONDAYS	9:00 Needlework 5 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 KARATE/SELF-DEFENSE DEMONSTRATION 1:00 Wii Fun	8:30 Wednesday Walk 6 8:45 Aerobics 9:00 Stitchery 10-11:15 WRITE YOUR LIFESTORY 10:00 Line Dancing 10:30 PEN PALS 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 7 10:30 CRAFTING w/CRYSTAL 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE	8:45 Aerobics 8 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 TABLE TENNIS
11 CLOSED IN OBSERVANCE OF VETERAN'S DAY	9:00 Needlework 12 10:00-11:00 Computer Assistance 10:00 Yoga 10:15 VETERAN'S PROGRAM 5:15 MEET & EAT CLUB – FAT TRACY'S – SPINDALE	8:30 Wednesday Walk 13 8:45 Aerobics 9:00 Stitchery 10-11:15 WRITE YOUR LIFESTORY 10:30 FALL PREVENTION PROGRAM 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 14 10:30 ALZHEIMER'S PROGRAM 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE	8:45 Aerobics 15 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 BOOK CLUB 12:30 Slow-moving Exercise 1:00 Wii Fun
SUNDAY, NOVEMBER 10 1:15 p.m. TRIP TO GREEN ROOM THEATER "THE SMELL OF THE KILL"		TRIP TO SOUTHERN CHRISTMAS SHOW – LEAVING 8:00 a.m. SHARP		
8:45 Aerobics 18 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 10:30 RECIPE CLUB 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise WEAR PURPLE MONDAYS	9:00 Needlework 19 10:00-11:00 Computer Assistance 10:00 Yoga CANCELLED 10:00 CRAFT TIME WITH LAVADA WALL 1:00 TABLE TENNIS	8:30 Wednesday Walk 20 8:45 Aerobics 9:00 Stitchery 9:30 TEA PARTY 10-11:15 WRITE YOUR LIFESTORY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 21 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE	8:45 Aerobics 22 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 GOOSE CREEK BAND 12:30 Slow-moving Exercise 1:00 TRIP TO \$5 JEWELRY SALE AT RFD REGIONAL
8:45 Aerobics 25 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 5:30 ZUMBA WEAR PURPLE MONDAYS	9:00 Needlework 26 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 PRICE IS RIGHT 11:15 CHAIR EXERCISE 1:00 TABLE TENNIS <div style="border: 1px solid black; padding: 5px; text-align: center;"> TRIP TO GREEN CREEK ARCHERY RANGE 1:00 p.m. </div>	8:30 Wednesday Walk 27 8:45 Aerobics 9:00 Stitchery 10:30 USE IT OR LOSE IT 10-11:15 WRITE YOUR LIFESTORY 11:15 LET'S GIVE THANKS 11:30 BIRTHDAY RECOGNITION 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	29 CLOSED FOR THANKSGIVING HOLIDAY 	29 CLOSED FOR THANKSGIVING HOLIDAY 

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop