


November 2022

***REGISTER BY CALLING THE SENIOR CENTER AT 508-539-1440**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | 1 | 2 | 3 | 4 |
| | Exercise 8:30-9:30 Woodcarving 9:00-12:00 Men's Club 10:00-12:00 Zumba Gold 10:00-11:00 (fee) Ostomy Support Group 11-12* Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Veterans' Social 1:00-3:00 Bereavement Support Group 2:30-4:00 | Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Tai Chi 2:00-3:30* Movie – Rise - 1:00* | Exercise 8:30-9:30 SHINE 9:00-12:00 (by appt) * Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage / Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Line Dancing 1:00-2:00 (fee) PC & Gadgets 12:00-2:00* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) | Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 SHINE 12:00-4:00 (by appt) * Mahjongg 12:30-4:00 Veterans Services 1:00-4:00 (by appt) * |
| 7 | 8 | 9 | 10 | 11 |
| Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 | Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Legal Services 1:00-4:00 * Craft 2:00-4:00 (fee)* | Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Independence House 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) SHINE 9:00-12:00 (by appt)* Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Dementia Support 1:30-3:00 * Tai Chi 2:00-3:30* | Exercise 8:30-9:30 SHINE 9:00-12:00 (by appt) * Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 VNA Skin Cancer Screenings 9:00-11:00* Singing Seniors 9:30-11:30 Cribbage / Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Line Dancing 1:00-2:00 (fee) Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee) Introduction to Wine 101* |  <p>CLOSED IN HONOR OF VETERANS' DAY</p> <p>(OVER)</p> |

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|--|---|--|--|--|
| 14 | 15 | 16 | 17 | 18 |
| <p>Strength Training 8:30-9:30 VNA Wellness Clinic 9:30-10:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00</p> | <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Bingo 1:00 –2:30 *</p> | <p>Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Parkinson Support Group via Zoom 10-11:15* Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Tai Chi 2:00-3:30* AARP Safe Driving Class 9:30-3:00 (fee)*</p> | <p>Exercise 8:30-9:30 SHINE 9:00-12:00 (by appt) * Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage / Scrabble 10:00-11:00 Knitting/Crochet 10:00-11:00* Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Line Dancing 1:00-2:00 (fee) PC & Gadgets 12:00-2:00* Sketching 1:30-3:00 Ballroom Dance 3:00-4:00 (fee)</p> | <p>Strength Training 8:30-9:30 Beginner Ukulele 9-10am (fee)* Beginner 1 Ukulele 10:15am-11:15am (fee)* Foot/Nail Care 9:00-2:00 (fee, by appointment) Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 SHINE 12:00-4:00 (by appt) * Mahjongg 12:30-4:00 Veterans Services 1:00 –4:00 (by appt) * Illusionist Show 2:30*</p> |
| 21 | 22 | 23 | 24 | 25 |
| <p>Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 Book Club 2:00-3:00</p> | <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Legal Services 10:00-12:00* Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) * Craft 2:00-4:00 (fee)*</p> | <p>Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Dementia Support 1:30-3:00* Tai Chi 2:00 –3:30 **</p> | <p style="text-align: center;">CLOSED THANKSGIVING HOLIDAY</p>  | <p style="text-align: center;">CLOSED THANKSGIVING HOLIDAY</p> |
| 28 | 29 | 30 | | |
| <p>Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Sight Loss Support Group 10:00-11:30 Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00</p> | <p>Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Sea Mist Swimming 11am-2pm* SHINE 12:00-4:00 (by appt) *</p> | <p>Strength Training 8:30-9:30 SHINE 9:00-12:00 (by appt) * Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30 Movie – <i>And So It Goes</i> - 1:00* Tai Chi 2:00 –3:30 **</p> | | (OVER) |

