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	VETERANS DAY Honoring All Who Served *** CLOSED IN HONOR OF VETERANS' DAY
			Ballroom Dance 3:00-4:00 (fee) Introduction to Wine 101*	(OVER)

14	15	16	17	18
Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30
VNA Wellness Clinic 9:30-10:30	Woodcarving 9:00-12:00	SHINE 9:00-12:00 (by appt) *	SHINE 9:00-12:00 (by appt) *	Beginner Ukulele 9-10am (fee)*
Gentle Yoga 9:45-10:30 (fee)	Zumba Gold 10:00-11:00 (fee)	Parkinson Support Group via	Qi Gong 8:45-9:45 (fee)	Beginner 1 Ukulele 10:15am-
Chair Yoga 11:00-12:00 (fee)	Sea Mist Swimming 11am-2pm*	Zoom 10-11:15*	Travel Info 9:00-10:30	11:15am (fee)*
New Member Info. 10:30-12:00*	SHINE 12:00-4:00 (by appt) *	Zumba Gold 10:00-11:00 (fee)	Singing Seniors 9:30-11:30	Foot/Nail Care 9:00-2:00 (fee,
Mahjongg 12:30-4:00	Bingo 1:00 –2:30 *	Sports Group 10:00-12:00	Cribbage / Scrabble 10:00-11:00	by appointment)
		Painting Class 10:00-12:00 & 1:00-3:00 (fee)	Knitting/Crochet 10:00-11:00*	Zumba Gold 10:00-11:00 (fee)
		Osteoporosis Exercise 12:00-1:00* Canasta 1:00-3:30	Sea Mist Swimming 11am-2pm*	Ageless Yoga 11:30-12:30
			SHINE 12:00-4:00 (by appt) *	SHINE 12:00-4:00 (by appt) *
		Tai Chi 2:00-3:30*	Line Dancing 1:00-2:00 (fee)	Mahjongg 12:30-4:00
		AARP Safe Driving Class 9:30-3:00 (fee)*	PC & Gadgets 12:00-2:00* Sketching 1:30-3:00	Veterans Services 1:00 –4:00
			Ballroom Dance 3:00-4:00 (fee)	(by appt) *
			Balliooni Dance 3.00-4.00 (lee)	Illusionist Show 2:30*
21	22	23	24	25
Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30	CLOSED	CLOSED
Gentle Yoga 9:45-10:30 (fee)	Woodcarving 9:00-12:00	SHINE 9:00-12:00 (by appt) *	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
Chair Yoga 11:00-12:00 (fee)	Zumba Gold 10:00-11:00 (fee)	Zumba Gold 10:00-11:00 (fee)		
New Member Info. 10:30-12:00*	Legal Services 10:00-12:00*	Sports Group 10:00-12:00		
Mahjongg 12:30-4:00	Sea Mist Swimming 11am-2pm*	Painting Class 10:00-12:00 & 1:00-3:00 (fee)		
Book Club 2:00-3:00	SHINE 12:00-4:00 (by appt) *	Osteoporosis Exercise 12:00-1:00*	a Cappy 28	
	Craft 2:00-4:00 (fee)*	Canasta 1:00-3:30	THANKSGIVING	
		Dementia Support 1:30-3:00*		
		Tai Chi 2:00 –3:30 **		
28	29	30		
Strength Training 8:30-9:30	Exercise 8:30-9:30	Strength Training 8:30-9:30		
Gentle Yoga 9:45-10:30 (fee)	Woodcarving 9:00-12:00	SHINE 9:00-12:00 (by appt) *		
Sight Loss Support Group 10:00-	Zumba Gold 10:00-11:00 (fee)	Zumba Gold 10:00-11:00 (fee)		
11:30	Sea Mist Swimming 11am-2pm*	Sports Group 10:00-12:00		
Chair Yoga 11:00-12:00 (fee)	SHINE 12:00-4:00 (by appt) *	Painting Class 10:00-12:00 & 1:00-3:00 (fee)		
New Member Info. 10:30-12:00*		Osteoporosis Exercise 12:00-1:00*		
Mahjongg 12:30-4:00		Canasta 1:00-3:30		
		Movie – And So It Goes - 1:00*		
		Tai Chi 2:00 –3:30 **		(OVER)
				` ′