



November 2015

**Activity Calendar
Subject to Change**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Encompass Home Health Blood Pressure Clinic 11:00 Kelly Warren and his guitar 11:30 BINGO Alzheimer's Education Series 3:00	3 Election Day! Please remember to vote! Watercolor Class 10:00	4 Senior Swingers 11:30 Birthday Party 12:00 Integrity Foot Clinic 12:30 723-9000 The Love of Reading 1:00 BINGO 1:00	5	6 The Love of Reading 1:00
9 Kelly Warren and his guitar 11:30	10 Watercolor Class 10:00-12:00 USO Celebration Integrity Foot Clinic 12:30-3:30 723-9000	11 Center Closed For Veterans Day	12 Myers Sponsored Lunch	13 HEAT appointments 226-1452 Odell Summers 11:30 Love of Reading 1:00
16 Gillies Day Karaoke	17 HEAT by appt 226-1452 Watercolor Class 10:00-12:00 Craft Class 1:00	18 The Love of Reading 1:00 Mini Health Fair 9:00-12:00 Flu Shots Legal Services 1-4:30 by appt BINGO 1:00 Comfort Club 6:00	19 Christmas Shopping Trip 9:30 Kevin Kula 12:00 Commodities 12:30-3:00	20 AARP Smart Driver Class 8:30-12:30 Thanksgiving Dinner The Love of Reading 1:00
23 Kelly Warren and his guitar 11:30 Wendover 7:30 BINGO	24 Watercolor Class 10:00-12:00 Wii Bowling 1:00	25 Crystal Springs	26 27 	
30 Kelly Warren and his guitar 11:30 BINGO Happy Feet Foot Clinic 10:00-12:00				

DAILY:

Lunch M-F 12-1:00 p.m.
 Computer Lab 7:30-3:00
 Hall Walking 8-10:00 (HBC)
 Library M-F 8-3:00 p.m.
 Pool Room M-F 8-3:00 p.m.

Silver Sneakers M-F as follows:

- M 9:00 Cardio
- T 9:00 Strength/Balance
- W 9:00 Cardio
- TH 8:00 Dance Variety
- TH 9:30 Senior Stretch
- F 9:00 Strength/Balance

Pickleball M-F as follows:

- M,T,W,F 7:30-8:45 & 10:00-11:00
- T & Th 1:00-3:00

WEEKLY

Bunka M 9:00
 Advanced Spanish M 10:00
 Intermediate Spanish M 1:00 p.m.
 BINGO M 1:00
 Line Dancing M/W 1:30 p.m.
 Beginning Spanish T 10:00
 Yoga T @ 3:30

WEEKLY (Continued)

Sit & Be Fit W/F 10:00 a.m.
 Pinochle TH 12:30 p.m.
 Oil Painting TH 9:30
 Ceramics F 10:00-12:00 p.m.
 Chimes F 1:00 p.m. @ Gillespie Hall

NOTE: Computer classes as scheduled.