

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 3:30 – 5:00 Medicare Presentation/Visits w/ Ann-Marie	2 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:30 – 2:30 Virtual Caregivers Support Group 1:00 – 3:00 Mahjong 6:30 – 8:30 Dance Time w/ Lauren Petrie	3 9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 11:00 – 12:30 Medicare Presentation w/ Patrice 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group 3:30 – 5:00 Legal Assistance w/ John Llewellyn 7:00 – 10:00 Piano Bar By appointment: Tech Programming	4 9:00 – 10:00 Enhance Fitness 9:30 – 4:00 Foot Care w/ Keith 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Diabetic Support Group By appointment: Tech Programming
7 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Movies 5:45 – 7:30 HAM Radio Group 6:30 – 9:00 Quilters Group	8 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 11:00 – 12:00 "Phoenix" by Silver Kite Theater Co. 11:00 – 12:00 Coffee with Vets 12:30 – 3:00 Cribbage 1:00 – 2:00 Low Vision Group 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop	9 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 3:00 Mahjong	10 9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 11:00 – 12:30 History Hour w/ Judy Bentley 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 6:00 – 9:00 Second Thursday Out By appointment: Tech Programming	11 SENIOR CENTER CLOSED
14 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Movies 3:15 – 5:00 OWLS	15 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 1:30 – 2:30 Book Club for Adventurous Readers 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop 3:30 – 5:00 Medicare Presentation/Visits w/ Ann-Marie	16 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Group 1:00 – 2:00 Healthy Eating through the Holidays 1:30 – 2:30 Virtual Caregivers Support Group 1:00 – 3:00 Mahjong	17 9:00 – 10:30 Healing Touch 10:00 – 11:00 Tai Chi 10:00 – 11:30 Handwork 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Group 1:00 – 2:30 Current Events Disc. Group 3:30 – 5:00 Legal Assistance w/ John Llewellyn By appointment: Tech Programming	18 9:00 – 10:00 Enhance Fitness 9:00 – 4:00 Foot Care w/ Carly 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appointment: Tech Programming
21 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Movies 3:30 – 5:00 Medicare Visits w/ David 6:30 – 9:00 Quilters Group	22 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop	23 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 11:45 – 12:30 Thanksgiving Lunch 1:00 – 3:00 Mahjong	24 SENIOR CENTER CLOSED	25 SENIOR CENTER CLOSED
28 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 11:00 Gentle Chair Yoga 11:00 – 12:00 Line Dancing 1:00 – 2:30 Aging Well Group 1:00 – 2:30 UKES Sing-Along 1:00 – 3:00 Movies	29 9:00 – 2:00 Sea Mar Community 9:00 – 4:30 Computer Lab 9:30 – 10:30 Get Moving! 10:00 – 11:00 Conversational German 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming Workshop 2:30 – 4:00 Legal Assistance w/ Heather DeVrieze	30 9:00 – 10:00 Enhance Fitness 9:00 – 4:30 Computer Lab 10:00 – 10:30 Walking Wednesdays 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 1:00 – 3:00 Mahjong 1:30 – 2:30 Cooking w/ Chef		