

R=RSVP required \$=fee

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Grp 1:00 - 3:00 Mahjong 1:00 - 4:00 Dental Clinic 3:00 - 4:00 Rejuvenating Yoga 3:00 - 5:00 Medicare Presentation</p>	<p>2 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 3:00 Pinochle 11:00 - 12:30 Medicare Presentation 12:00 - 4:00 Arts & Crafts Grp 1:00 - 2:30 Current Events (R) 2:30 - 3:30 Current Events (R) 3:30 - 5:00 Legal Assistance (R) 7:00 - 10:00 Piano Bar (\$) By appt: Digital Navigation</p>	<p>3 9:00 - 10:00 Enhance Fitness 9:00 - 5:00 Foot Care Clinic (R) (\$) 10:00 - 11:00 Balance & Strength 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Diabetic Support Grp By appt: Digital Navigation</p>
<p>6 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along 5:45 - 7:30 Ham Radio Grp 6:30 - 9:00 Quilters Group</p>	<p>7 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming</p>	<p>8 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Journaling for Mindfulness 1:00 - 3:00 Mahjong 1:30 - 2:30 Virtual Caregivers Support Group (R) 3:00 - 4:00 Rejuvenating Yoga</p>	<p>9 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 11:00 - 4:30 Foot Care Clinic (R) (\$) 12:00 - 3:00 Pinochle 12:00 - 4:00 Arts & Crafts Grp 1:00 - 2:00 Conversation & Friendship Corner By appt: Digital Navigation</p>	<p>10 Closed for Veterans Day</p>
<p>13 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along 3:00 - 5:00 Backyard Birding (R)</p>	<p>14 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:00 - 12:00 Coffee w/ Vets 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:00 - 3:00 Low Vision Group (R) 2:30 - 4:00 Hand Drumming</p>	<p>15 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Writing Grp 1:00 - 3:00 Mahjong 3:00 - 4:00 Rejuvenating Yoga 3:00 - 5:00 Medicare Presentation</p>	<p>16 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 3:00 Pinochle 12:00 - 4:00 Arts & Crafts Grp 1:00 - 2:30 Current Events (R) 2:30 - 3:30 Current Events (R) 3:30 - 5:00 Legal Assistance (R) By appt: Digital Navigation</p>	<p>17 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 11:00 - 12:30 History Hour: Veterans Tribute 11:30 - 12:30 Hatha Yoga 12:30 - 1:30 Scrabble Club 1:00 - 2:00 Book Club By appt: Digital Navigation</p>
<p>20 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:00 Aging Well Grp (R) 1:00 - 2:30 UKES Sing-Along 6:30 - 9:00 Quilters Grp</p>	<p>21 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 1:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 11:30 - 12:30 Thanksgiving Lunch (R) (\$) 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming</p>	<p>22 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 11:00 - 12:30 Journaling for Mindfulness 1:00 - 3:00 Mahjong Early Closure – 3pm</p>	<p>23 Closed for Thanksgiving Holiday</p>	<p>24 Closed for Thanksgiving Holiday</p>
<p>27 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 10:00 - 11:00 Gentle Chair Yoga 11:00 - 1:00 Line Dancing 12:30 - 3:00 Movies 1:00 - 2:30 UKES Sing-Along 1:00 - 2:00 Aging Well Grp (R) 3:00 - 5:00 Medicare Presentation</p>	<p>28 8:30 - 4:30 Computer Lab 9:00 - 10:00 Meditation 9:00 - 2:00 Sea Mar Community 9:30 - 10:30 Get Moving! 9:30 - 10:30 ESL Class 10:00 - 11:00 Conversational German 10:30 - 12:00 Exploring Art Class 12:30 - 3:00 Cribbage 1:30 - 3:00 Chess Club 2:30 - 4:00 Hand Drumming 2:30 - 4:00 Legal Assistance (R)</p>	<p>29 8:30 - 4:30 Computer Lab 9:00 - 10:00 Enhance Fitness 9:00 - 5:00 Foot Care Clinic (R) (\$) 10:00 - 11:00 Balance & Strength 10:00 - 12:00 Party Bridge 1:00 - 3:00 Mahjong 3:00 - 4:00 Rejuvenating Yoga</p>	<p>30 9:00 - 10:30 Healing Touch (R) 9:30 - 11:00 Tai Chi 10:00 - 11:00 Spanish Class 12:00 - 3:00 Pinochle 12:00 - 4:00 Arts & Crafts Grp 1:00 - 2:30 Current Events (R) 2:30 - 3:30 Current Events (R) 3:00 - 4:30 Soups w/ Chef Hayla By appt: Digital Navigation</p>	