

## **CENTER ACTIVITIES FOR NOVEMBER 2019**



**BINGO:** Sunday, November 3rd, 10 am - 3 pm

**PANCAKE BREAKFAST:** Sunday, November 10th, 8 am -11 pm

**ICE CREAM SOCIAL:** NO ICE CREAM SOCIAL THIS MONTH

**ALZHEIMER/DEMENTIA CAREGIVER SUPPORT GROUP:** Wednesday,  
November 13th, 1 pm –3 pm

**FOOD BANK:** Tuesday, November 19th, 9:30-11:30 am

**BIRTHDAY LUNCH:** Friday, November 22nd, 11:45 am-1 pm

**THANKSGIVING HOLIDAY:** Thursday, November 28th & Friday, November  
29th.

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### **Monday**

Chair Aerobics

Dining Room 9-10am

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Chair Aerobics

Dining Room 9-10am.

Computer Help Lab

Lab open 2-4pm.

Dance Exercise Class

Dining Room 2-3pm

### **Wednesday**

Chair Yoga

Dining Room 9-10am.

Life Changes Group

Conference Room 10-11am.

Ukulele Group

Sunshine Room 1-2pm

### **Thursday**

Balance & Posture Exercise Class

Dining Room 9-10am.

Hearing Services

1st Thurs. of month. Sunshine Room; 9-12  
noon Call 463-2966 for appt.

Bible Class

Lunch: 11:45, Conference Room until 1:30

Parkinson's Discussion & Support Group

Thursday Conference Room 10:30-11:45

Contact Linda Posner at 459-1941

### **FRIDAY**

Chair Aerobics

Dining Room 9-10am.

Tole Painting

Sunshine Room 9-12

Bridge

Conference Room 9-12 Contact person:

Floyd & Christie Brandt 459-2519

Bingo

Pot Luck 5pm, Game 5:30