November 2026

AGING AHEAD
Supporting the journey.

Senior Center, Address, Phone Number, Reservation Info Here

Monday	Tuesday	Wednesday	Thursday	Friday
2 Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	3 Arthritis Exercise 10:30 Card Games	4 Card Games support committee meeting @ 1	5 Blood Pressure Clinic 9:30 Trivia 10:30 Bingo begins around 12:15	6 Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30 Knitting w Barbara 12-2
9 VETERANS DAY Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	10 Strengh & Balance 9:30 Arthritis Exercise 10:30 Card Games	11 Card Games	12 Trivia 10:30 Bingo begins around 12:15	13 Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30 Knitting w Barbara 12-2
NOV. B-days Celebration 16 Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	17 Strengh & Balance 9:30 Arthritis Exercise 10:30 Card Games	18 Card Games	19 Entertainment David Green Bingo begins around 12:15	20 Senior Exercise 9:30 Arthritis Exercise 10:30 1 mile Walk 11:30 Knitting w Barbara 12-2
23 Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30	24 Strengh & Balance 9:30 Arthritis Exercise 10:30 Card Games	25 Card Games	26 Happy Thanksgiving! Center Closed	27 Center Closed
30 Senior Exercise 9:30 Tai Chi 10:30 Chair Yoga 11:00 1 mile Walk 11:30 Bingo 10:30				