

November 2011 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sunday, October 30</u>	<u>Monday, October 31</u> 9 a.m.: Enhance Fitness 10 a.m.: Creative Writing 10:30 a.m.: Low Impact Exercise 11 a.m.: Computer Tutor 12 p.m.: Computer Lab w/ Tutor 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Needle•Work•Shop 2-4 p.m.: The Artist's Way 6:30 p.m.: Swim at Clarke School	<u>Tuesday, November 1</u> 9 a.m.: Improve Your Balance 9:30 a.m.: Cup of Conversation 9:45 a.m.: Intro to T'ai Chi Ch'uan 10 a.m.: PVRTA Photo I.D. 10 a.m.: Blood Pressure Clinic 12 p.m.: Scat/ Michigan Rummy 12:30- 4 p.m.: Sewing Workshop 6 p.m.: Evening Yoga	<u>Wednesday, November 2</u> 9 a.m.: Enhance Fitness 10 a.m.: Photo Management/Picasa 10:30 a.m.: Low Impact Exercise 11:30 – 1 p.m.: Lunch in Bistro 12 – 2 p.m.: Low Vision Group 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Timeless Tunes 1 p.m.: Cribbage Game 1:30 p.m.: Scrabble Game 6:30 p.m.: Swim at Clarke School	<u>Thursday, November 3</u> 10 a.m.: Gentle Chair Yoga 10 a.m.: The Wisdom Project 11:30 a.m.: Beginner Tap 11:30 – 1p.m.: Lunch in Bistro 1:30 p.m.: Intermediate Tap 1:30 p.m.: Mah Jongg 1:30 p.m.: Recreational Bingo 2 p.m.: Veteran's Services 2:30 p.m.: Computer Lab w/ Tutor 3 p.m.: Computer Tutor	<u>Friday, November 4</u> 9 a.m.: Enhance Fitness 10:30 a.m.: Low Impact Exercise 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Senior Gay Men Drop-in 1:30 p.m.: SHINE Appointments 1:30 p.m.: Contract Bridge 1:30 p.m.: Duplicate Bridge 2 p.m.: Play Reading Group 3 p.m.: Yoga	<u>Saturday, November 5</u>
<u>Sunday, November 6</u>	<u>Monday, November 7</u> 9 a.m.: Enhance Fitness 10 a.m.: Creative Writing 10:30 a.m.: Low Impact Exercise 11 a.m.: Computer Tutor 12 p.m.: Computer Lab w/ Tutor 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Massage & Bodywork Clinic 1 p.m.: Needle•Work•Shop 2-3:45 p.m.: The Artist's Way 6:30 p.m.: Swim at Clarke School	<u>Tuesday, November 8</u> 9:30 a.m.: Cup of Conversation 9:45 a.m.: Intro to T'ai Chi Ch'uan 12 p.m.: Scat/ Michigan Rummy 12:30- 4 p.m.: Sewing Workshop 6 p.m.: Evening Yoga	<u>Wednesday, November 9</u> Day Trip: Foxwoods (see p. 5) 9 a.m.: Enhance Fitness 10:30 a.m.: Low Impact Exercise 11:30 – 1 p.m.: Lunch in Bistro 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Out Books On Wheels - Book Mobile 1 p.m.: Cribbage Game 1:30 p.m.: Scrabble Game 4 p.m.: Timeless Tunes 6:30 p.m.: Swim at Clarke School	<u>Thursday, November 10</u> 8:45 a.m.: SHINE Appointments 9:30 a.m.: Intermediate Computers 10 a.m.: Gentle Chair Yoga 10 a.m.: The Wisdom Project 10-11 a.m.: Brown Bag 11:30 a.m.: Beginner Tap 11:30 – 1p.m.: Lunch in Bistro 1:30 p.m.: NCOA Board Meeting 1:30 p.m.: Mah Jongg 1:30 p.m.: Intermediate Tap 1:30 p.m.: Recreational Bingo 2:30 p.m.: Computer Lab w/ Tutor 3 p.m.: Computer Tutor	<u>Friday, November 11</u> Senior Center closed for Veterans' Day	<u>Saturday, November 12</u>
<u>Sunday, November 13</u>	<u>Monday, November 14</u> 9 a.m.: Enhance Fitness 10 a.m.: Creative Writing 10 a.m.-1 p.m.: Card Making 10:30 a.m.: Low Impact Exercise 11 a.m.: Computer Tutor 12 p.m.: Computer Lab w/ Tutor 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Needle•Work•Shop 2-3:45 pm.: The Artist's Way 6:30 p.m.: Swim at Clarke School	<u>Tuesday, November 15</u> 9:30 a.m.: Cup of Conversation 9:45 a.m.: Intro to T'ai Chi Ch'uan 12 p.m.: Scat/ Michigan Rummy 12:30-4 p.m.: Sewing Workshop 1 p.m.: Movie: "Eat, Pray, Love" 6 p.m.: Evening Yoga 6:30 p.m.: HNE Medicare Advantage Information Session	<u>Wednesday, November 16</u> 9:00 a.m.: Enhance Fitness 10:30 a.m.: Low Impact Exercise 11:30 – 1 p.m.: Lunch in Bistro 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Timeless Tunes 1 p.m.: Cribbage Game 1:30 p.m.: Scrabble Game 6:30 p.m.: Swim at Clarke School	<u>Thursday, November 17</u> 8:45 a.m.: SHINE Appointments 9:30 a.m.: Intermediate Computers 10 a.m.: Gentle Chair Yoga 10 a.m.: The Wisdom Project 10:30 a.m.: Defying Gravity 11:30 a.m.: Beginner Tap 11:30 a.m.-1 p.m.: Lunch in Bistro 1 p.m.: Readers & Thinkers 1:30 p.m.: Mah Jongg 1:30 p.m.: Intermediate Tap 1:30 p.m.: Recreational Bingo 2:30 p.m.: Computer Lab w/ Tutor 3 p.m.: Computer Tutor	<u>Friday, November 18</u> 9 a.m.: Enhance Fitness 10:30 a.m.: Low Impact Exercise 11:30 a.m.: Light Therapy Information 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Senior Gay Men Drop-in 1:30 p.m.: SHINE Appointments 1:30 p.m.: Contract Bridge 1:30 p.m.: Duplicate Bridge 2 p.m.: Play Reading Group 3 p.m.: Yoga	<u>Saturday, November 19</u>
<u>Sunday, November 20</u> 2 p.m.: Free Community Concert featuring The Jack Kowal Swing Band. All welcome.	<u>Monday, November 21</u> 9 a.m.: Enhance Fitness 10 a.m.: Creative Writing 10 a.m.-1 p.m.: Card Making 10:30 a.m.: Low Impact Exercise 11 a.m.: Computer Tutor 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Massage & Bodywork Clinic 1 p.m.: Needle•Work•Shop 2-3:45 pm.: The Artist's Way 6:30 p.m.: Swim at Clarke School	<u>Tuesday, November 22</u> 9:30 a.m.: Cup of Conversation 9 a.m.: T'ai Chi for Continuing Students 12 p.m.: Scat/ Michigan Rummy 6 p.m.: Evening Yoga	<u>Wednesday, November 23</u> 9:30 a.m.- 12 p.m.: Foot Care Clinic 10:30 a.m.: Low Impact Exercise 12 p.m.: Senior Center closed at 12 noon for the Thanksgiving Holiday	<u>Thursday, November 24</u> Senior Center closed for Thanksgiving	<u>Friday, November 25</u> Senior Center closed for the Thanksgiving Holiday	<u>Saturday, November 26</u>
<u>Sunday, November 27</u>	<u>Monday, November 28</u> 9 a.m.: Enhance Fitness 10 a.m.: Creative Writing 10 a.m.-1 p.m.: Card Making 10:30 a.m.: Low Impact Exercise 11 a.m.: Computer Tutor 12 p.m.: Computer Lab w/ Tutor 12:30 p.m.: Bowling Canal Lanes 1 p.m.: Needle•Work•Shop 2-3:45 pm.: The Artist's Way 6:30 p.m.: Swim at Clarke School	<u>Tuesday, November 29</u> 7:30-9 a.m.: Breakfast Fundraiser 9:30 a.m.: Cup of Conversation 9 a.m.: T'ai Chi for Continuing Students 12 p.m.: Scat/ Michigan Rummy 6 p.m.: Evening Yoga	<u>Wednesday, November 30</u> 10:30 a.m.: Low Impact Exercise 11:30 – 1 p.m.: Lunch in Bistro 12:30 p.m.: Bowling, Canal Lanes 1 p.m.: Timeless Tunes 1 p.m.: Cribbage Game 1:30 p.m.: Scrabble Game 6:30 p.m.: Swim at Clarke School	<u>Thursday, December 1</u> 99:30 a.m.: Intermediate Computers 10 a.m.: The Wisdom Project 10 a.m.- 11 a.m.: Gentle Chair Yoga 11:30 a.m.- 12:30 p.m.: Beginner Tap 11:30 – 1 p.m.: Lunch in Bistro 1:30 p.m.: Mah Jongg 1:30 p.m.: Intermediate Tap 1:30 p.m.: Recreational Bingo 2 p.m.: Veteran's Services 2:30 p.m.: Computer Lab w/ Tutor 3 p.m.: Computer Tutor	<u>Friday, December 2</u> 10:30 a.m.: Low Impact Exercise 12:30 p.m.: Bowling, Canal Lanes 1:30 p.m.: SHINE Appointments	<u>Saturday, December 3</u> 9 a.m.- 2 p.m. Holiday Celebration Craft Festival