

| EVERY <u>MONDAY</u> | EVERY <u>TUESDAY</u> | EVERY <u>WEDNESDAY</u> | EVERY <u>THURSDAY</u> | EVERY <u>FRIDAY</u> |
|---|---|---|--|--|
| <p>10:00 THRIFT SHOP OPEN 8:30 to 10:30</p> <p>10:00 DANCE AEROBICS</p> <p>10:30 SIT AND STRETCH <u>NO SIT & STRETCH NOV. 13TH</u></p> <p>10:30 CREATIVE WRITING WITH HOLLY STARTING NOV. 6TH</p> <p>10:45 ZUMBA GOLD</p> <p>12:45 LINE DANCE LESSONS</p> | <p>9:15 BINGO</p> <p>10:00 PROJECT CARE HEALTH SCREENINGS</p> <p>10:00 CHAIR ZUMBA W/ IRINA</p> | <p>9:30 NOV. 29TH SENIOR ADVOCATE FRANK MASTERSON</p> <p>10:00 OSTEO EXERCISE 10:30 DANCE AEROBICS 10:30 SINGING SENIORS</p> <p>10:30 FLU SHOTS NOV. 8th IN AUDITORIUM BRING ALL HEALTH INSURANCE INFO PLEASE !!!</p> <p>11:00 CHAIR YOGA IN THE BINGO ROOM NOV. 1ST, 8TH, 15TH ONLY</p> | <p>9:15 BINGO</p> <p>9:45 FAN FOOD NOV. 9TH</p> <p>11:15 MEDICARE QUESTIONS WITH MARGARET</p> | <p>10:00 DANCE AEROBICS</p> <p>10:30 SIT & STRETCH</p> <p>10:45 ZUMBA GOLD</p> |
| SPECIAL EVENTS | ATTENTION PLEASE !!! | SPECIAL EVENTS | ATTENTION PLEASE!!! | SPECIAL EVENTS |
| <p><u>IF YOU HAVE NOT BEEN TO THE CENTER SINCE APRIL 1st PLEASE FILL OUT THE BLUE REGISTRATION CARD !!!!!!!</u></p> <p><u>CENTER CLOSED !!! NOV. 7TH NOV. 10TH NOV.23RD & 24TH</u></p> | <p><u>PLEASE!!! YOU MUST PRE REGISTER IN PERSON IN THE MAIN OFFICE NOT OVER THE PHONE! FOR ALL OF OUR SPECIAL EVENTS</u></p> <p><u>THANK YOU !!</u></p> | <p><u>HOLIDAY SHOPPING</u></p> <p><u>WED.1ST TARGET</u> <u>WED. 8TH KMART</u> <u>WED. 15TH CHRISTMAS TREE</u> <u>NOV. 22ND TARGET</u> <u>NOV.29TH KMART</u></p> | <p><u>THANKSGIVING DAY CELEBRATION</u> <u>NOV.16TH</u> <u>10:30 to 2:30</u> <u>PRE REGISTER PLEASE</u></p> | <p><u>SHOPPING SCHEDULE</u> <u>FRI. NOV. 3RD WALMART</u> <u>FRI. NOV.17TH WALMART</u></p> <p><u>SIGN UP WEEKLY AT FRONT DESK PLEASE FOR ALL SHOPPING TRIPS WEDNESDAYS INCLUDED</u></p> |