

ACTIVITY CALENDAR November 2018

MON	TUES	WED	THURS	FRI
			1 8:45 Keeping Fit 9:00 Coffee Hour 10:00 OTS: West Towne 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night	2 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:30-11:15 Rendeвер: Virtual Reality Tours 11:15 Tai Chi I 12:30 Movie: <u>Midnight in Paris</u>
5 8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Hilldale Mall Madison 1:00 Hand and Foot 1:00-2:30 Great Courses: Experiencing America # 16-18	6 9:00 Foot Reflexology 9:00 Coffee Hour 9:00 Core Strength 9:30 Hometown Helpers 10:00 Caregivers Support Group and Club 108 10:00 Mah-Jongg 1:00 Euchre 1:00/6:00 Stamping Group 5:00 Weight Watchers	7 Please RSVP by NOON today for Vets Program Nov. 12!!!! 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train 1:30 MATC Watercolor Class	8 8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 9-3:30 Free Part D Review 10:30 Healthy Lifestyles 12:30 Bingo 1:30 "500" 2:00 Core Strength 3:00 Vets Group 4:00 Line Dancing 6:00 Game Night	9 8:45 Yoga 9:00 Coffee Hour 9-3:30 Free Part D Review 10:00 Tai Chi II 10:00 UW Pharmacy Sleep Presentation 11:15 Tai Chi I 12:30 Movie: <u>Damsel</u>
12 8:45 Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 10:00 Bus to Shopko West No Hand and Foot No Great Courses Veteran's Program 11:00 Flag Ceremony 11:45 Lunch 12:30 Recognition Ceremony	13 9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Mah-Jongg 10:00 Man-Talk: FBI Presentation 10:15 Card Making 1:00 Euchre 5:00 Weight Watchers	14 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:30 Book Club 12:45 Mexican Train 1:30 MATC Watercolor Class	15 8:45 Keeping Fit 9:00 Foot Reflexology 9:00 Coffee Hour 10:00 OTS: Target West 10:00 Parkinson's Group 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night	16 8:45 Yoga 9:00 Coffee Hour 10:00 Computers w/ Rich 10:00 Tai Chi II 11:15 Tai Chi I 11:30 Birthday/ Anniversary Lunch - RSVP by noon 11/12 12:30 J Michna: Laura Ingalls Wilder
19 8:45 No Keeping Fit 9:00 Foot Care 9:00 Coffee Hour 9:00 Foot Reflexology 10:30 TRIAD: Money Safety 10:00 Bus to Green Way Station No Changes In Aging Group 1:00 Hand and Foot 1:00-2:30 Great Courses : Experiencing America # 19-21	20 9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 9:30-2 Wellness Nurse 10:00 Caregivers Support Group & Club 108 10:00 OTS: Hy-Vee/Aldi 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers	21 9:00 Coffee Hour 9:00 Arthritis Exercise Class No Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train 1:30 MATC Watercolor 4:30/5:00 Tech time w/Tim	22 Senior Center Closed 	23 Senior Center Closed
26 8:45 Keeping Fit 9:00 Coffee Hour 9-Noon Holiday Decorating Party 10:00 Bus to Agrace Hospice Thrift Store 1:00 Hand and Foot 1:00-2:30 Last Great Courses: Experiencing America #22-24 1:00-3:00 Paint with Carol Ann	27 9:00 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Man-Talk 10:00 Mah-Jongg 1:00 Euchre 5:00 Weight Watchers	28 9:00 Coffee Hour 9:00 Arthritis Exercise Class 9:30-2 Wellness Nurse 9:30 Knitting Group 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Bridge 12:45 Mexican Train 1:30 MATC Watercolor 4:30/5:00 Tech time w/Tim	29 8:45 Keeping Fit 9:00 Coffee Hour 10:00 Choir Practice 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night	30 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 10:30-11:15 Rendeвер: Virtual Reality Tours 11:15 Tai Chi I 12:30 Movie: <u>Chappaquiddick</u>