




Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*denotes established group. For further information on becoming a member of any group, please see the front desk.</p> <p>++denotes a "pay to go" class. To join this class, please visit the Recreation and Parks Office at 108 Rockaway Avenue.</p>			1 10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group*
4	5	6	7	8
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men's Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	Election Day- Senior Center is Closed	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women's Billiards/Pool 3:30 Tech/Phone Help with GC Service League of Boys Trip to "Guys and Dolls"	10:00 Computer Class "All About your iPhone/iPad Apps" 11:15 Yoga with Dini Noon Meditation with Dini Noon – Men's Billiards/Pool Noon – 4:00 Retired Men's Group* 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
11	12	13	15	15
Veteran's Day- Senior Center is Closed	9:00 Open Bridge/Card Time Noon Retired Men's Group* 1:00 "Facts about CBD" with Kristen Norton, Licensed Social Worker 1:00 Yoga with Dini 2:00 Line Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women's Billiards/Pool 1:00 "A Hard Day's Night" with John Ellis Kordes	11:15 Yoga with Dini Noon Meditation with Dini Noon – Men's Billiards/Pool Noon – 4:00 Retired Men's Group* 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
18	19	20	21	22
10:00 Exercise with Felicia 11:00 Bingo! Noon – 4:00 Retired Men's Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 1:00 Yoga with Dini 2:00 Chair Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie Noon – 3:00 Lunch Group* Noon Women's Billiards/Pool 1:00 "Understanding the Weather" with John Ellis Kordes	11:15 Yoga with Dini Noon Meditation with Dini Noon – Men's Billiards/Pool Noon – 4:00 Retired Men's Group* 2:15 Zumba++	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie
25	26	27	28	29
11:00 Bingo! Noon – 4:00 Retired Men's Group* 12:00 Chair Yoga with Connie 1:00 Tai Chi with Connie 2:00 Knitting, Crochet and Handicrafts	9:00 Open Bridge/Card Time 1:00 Yoga with Dini 2:00 Line Dancing with Felicia	10:00 Exercise with Felicia 11:00 – Chair Yoga with Connie 11:00 "Working out at Home Safely" with James Horn, MSPT Noon – 3:00 Lunch Group* Noon Women's Billiards/Pool 12:30 Grandmother's Club*	Happy Thanksgiving! 	10:00 Exercise with Felicia 11:00 Resistance Bands with Felicia Noon -4:00 Senior Women's Bridge Group* 12:00 Meditation with Connie 1:00 Tai Chi with Connie

