

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8:40 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series-Outsmart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am Tai Chi (Beginner) 12:00 pm Pinochle 12:30 pm Movie "Open Range" 12:30 pm Bridge-Duplicate 1:30 pm Walking off the Pounds</p> 	<p><b>2</b></p> <p><i>1:00 p.m. Crafts with Diana (Sign-up-Limit of 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:30 am Rook Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Tai Chi (Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:30 am Unlucky 7 Dice Game 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class</p>	<p><b>3</b></p> <p><i>1:00 p.m. Arts with Vivian Holiday Decor(Sign up-Limit of 10)</i></p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga w/Dixie 9:30 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tating 101 1:00 pm Coloring Corner 1:00 pm -Vivian Holiday Decor 1:30 pm Walking off the Pounds</p> 	<p><b>4</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:40 am Rook Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:30 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p> 	<p><b>5</b></p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00-3:30 pm -Friday's Dance</p> <p><i>Featuring "Jerry O Dell's Country Flavor"</i></p>
<p><b>8</b></p> <p><i>9:30 am Grief Support (2nd Monday)</i></p> <p><i>1:00 p.m. Birthday Party (2nd Monday)</i> <i>Hosts: Staff / Volunteers</i> <i>Entertainment: Belly Dancers &amp; Treat Providers: Continental Springs &amp; Countryside Health Care Center</i></p> <p>8:40 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Coffee Series- Outsmart Yourself 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Pinochle 12:30 pm Movie "Faith of our Fathers" 12:30 pm Bridge-Duplicate 1:30 pm Walking off the Pounds</p>	<p><b>9</b></p> <p><i>1:00 p.m. Activity with B.A.M X-mas Sockings (Sign up-Limit of 15) (2nd Tuesday)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Tai Chi (Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:30 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap Dance 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>10</b></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tating 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p><b>11</b></p> <p><i>Veterans Day</i> Biscuits &amp; Gravy/coffee for all SCAG military members-8:00-9:30</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rook Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p> 	<p><b>12</b></p> <p><i>10:30 am Genealogy Class (2nd Friday)</i></p> <p><i>Saturday 13th Fundraiser Dance Oscar Ortiz-6-9PM</i></p> <p>9:00 am Fitness with Dixie 10:00-11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 11:30 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring "Ed Tryon" Sounds of the Big Band</i></p>
<p><b>15</b></p> <p><i>Cornhole Tournament \$5.00 entry 11:30-12:30-signup</i></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series- Outsmart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop Lunch 11:30 am Cornhole Tournament 12:00 pm Pinochle 12:30 pm Movie-"Million dollar hotel" 12:30 pm Bridge-Duplicate 1:30 pm Walking off the Pounds</p> 	<p><b>16</b></p> <p><i>Crafts with Diana Potholders (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Tai Chi (Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:30 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>17</b></p> <p><i>Thanksgiving Fundraiser \$9 dollar tickets- 11:30-1:00</i></p> <p><i>Medicole Seminar 10:00 AM</i> <i>Lowa Blind Advocacy Group-9:00AM</i></p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tating 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p><b>18</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rook Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p> 	<p><b>19</b></p> <p><i>1:00 pm BUNCO (3rd Friday)</i></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 11:30 am-12:30 pm Coffee Shop Lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00 pm BUNCO 1:00-3:30 pm Friday Dance</p> <p><i>Featuring "Triple Threat" Free Will Donation</i></p>
<p><b>22</b></p> <p><i>1:00 p.m. - (4th Monday) Parkinson's Support Group - In person or by Zoom</i></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series- Outsmart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 11:30 am Cornhole Tournament 12:00 pm Pinochle 12:30 pm Movie "Moulan Rouge" 12:30 pm Bridge-Duplicate 1:30 pm Walking off the Pounds</p>	<p><b>23</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Tai Chi (Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:30 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>24</b></p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tating 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p><b>25</b></p> <p><b>Center Closed For Thanksgiving</b></p> 	<p><b>26</b></p> <p><b>Center Closed For Thanksgiving Break</b></p> 
<p><b>29</b></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Coffee Series-Outsmart Yourself 11:00 am Belly Dancing 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Pinochle 12:30 pm Movie "A River runs through" 12:30 pm Bridge-Duplicate 1:30 pm Walking off the Pounds</p> 	<p><b>30</b></p> <p><i>Crafts with Diana X-mas clear ornaments (limit 10)</i></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rook Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:30 am Tai Chi (Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Belly Dancing 11:30 am Jazz Dancercise 11:30 am Mexican Train 11:30 am Unlucky 7 Dice Game 11:30 am-12:30 pm Coffee Shop lunch 12:30 pm Penny Bingo 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>December 1</b></p> <p>8:20 am Walking Exercise 9:00 am Senior Yoga w/Dixie 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm 500 Card Club 12:00 pm Bridge-Mens 12:30 pm Tating 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p> 	<p><b>December 2</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rook Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 10:30 am Silver Sneakers Classic Fitness 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:00 am-12:30 pm Coffee Shop lunch 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>December 3</b></p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S.-meeting (Take Off Pounds Sensibly) 10:00-11:30 am Blood Pressures- (Mercy) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class Vivian Miller 11:30 am-12:30 pm Coffee Shop Lunch 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p>