

Shirley Doane Senior Center

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Shirley Doane Senior Center November 2024



SU	MON	TUE	WED	THU	FRI	SAT
					1 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	2
3	4 9-10:30am Tai Chi 12-3pm Open Walking Gym 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	5 ELECTION DAY SENIOR CENTER CLOSED NO ACTIVITIES OR CLASSES	6 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 12:30pm Aveanna Healthy Eating* 1pm Open Duplicate Bridge	7 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	8 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	9
10	11 VETERANS DAY CEREMONY @11:15AM* 9-10:30am Tai Chi 10-11:30am ADRC Relatives Raising Children 12-3pm Open Walking Gym 12-2PM CVLR COOKING w/ MONICA* 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	12 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 8:30am SENIOR CENTER BOARD MEETING 9:45-10:45am Stronger Srs-Intermediate* 10AM-Noon CIL BP & BS Clinic 10am Cribbage 11-11:45am Stronger Seniors-Basic	13 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 11:30am-1pm ADRC Women Connected 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	14 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC 1pm 500 Cards	15 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	16
17	18 9-10:30am Tai Chi 12-3pm Open Walking Gym 10-11:30am ADRC Purple Perk 11:30am-12:30pm ADRC Artful Expressions* 12:30-1:30pm BINGOCIZE ADRC 1-3pm Mah Jongg	19 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 9:45-10:45am Stronger Srs-Intermediate* 10am Cribbage 11-11:45am Stronger Seniors-Basic	20 8:30am Foot & Nail Clinic* SENIOR CENTER THANKSGIVING MEAL @ 11:30 AM **RSVP 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Open Duplicate Bridge	21 <u>LAST DAY OF</u> <u>STRONGER SENIORS & BINGOCIZE</u> 8:30-9:15am Chair Yoga 9:45-10:30am Stronger Seniors-Intermediate* 10am-2:30pm ADS* 11-11:45am Stronger Seniors-Basic Class* 12:30-1:30pm BINGOCIZE ADRC	22 10am-2:30pm ADS* 12-3pm Open Walking Gym 1pm Bingo	23
24	25 9-10:30am Tai Chi 10:30am-12pm ADRC Exploring Dementia 12-3pm Open Walking Gym 1-3pm Mah Jongg	26 8:30am Foot & Nail Clinic* 8:30-9:15am Chair Yoga 10am Cribbage	27 8:30am Foot & Nail Clinic* 9am-2pm Crafts /10am-2:30pm ADS* 12-3pm Open Walking Gym	28 CENTER CLOSED Thanksgiving Holiday	29 CENTER CLOSED Thanksgiving Holiday	30

