

November

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Special Dates

November 6th- Committee on Aging meeting at 8:30am

November 16th- November Birthdays Party 12-2 pm

November 20-22nd- No senior center activities- Thanksgiving meal prep days.

November 23rd- Thanksgiving! Senior Center closed, NO Home Delivered Meals

Thanksgiving Community Meal at 12:00. Registration required.

November 24th- Senior Center Closed, No Home Delivered Meals

1

8:30 Footcare Appts

9:00 Senior Yoga

9:15 Bowling at the Hook

10:00 Card Creators

11:30 Lunch

1:30 Cribbage

2:00 Qigong

2

8:30 ADRC Benefit Specialist

9:00 Cardio Drumming

9:15 Simply Seniors

11:30 Lunch

1:00 Sheepshead

3

8:30 Quilting

9:00 BINGO Brunch

11:30 Lunch

6

9:00 Fitness Fun

11:30 Lunch

12:00 Footcare Appts

1:00 Movie: Pollyanna

7

8:30 Footcare

9:15 Simply Seniors

9:30 Mahjong

10:00 Froedtert Class

10:30 Arthritis Exercise

11:30 Lunch

1:00 BINGO

1:00 Dominoes

1:00 Let's Get Moving

8

8:30 Footcare Appts

9:00 Senior Yoga

9:15 Bowling at the Hook

10:00 Card Creators

11:30 Lunch

1:30 Cribbage

2:00 Qigong

9

9:00 Cardio Drumming

9:15 Simply Seniors

11:30 Lunch

1:00 Sheepshead

12:00- Friends of the TRSC Board Meeting

10

8:30 Quilting

9:00 BINGO Brunch

11:30 Lunch

Creation Station reservation deadline

13

9:00 Fitness Fun

11:30 Lunch

12:00 Footcare Appts

1:00 Movie: City Slickers

14

8:30 Footcare

9:15 Simply Seniors

9:30 Mahjong

10:00 Froedtert Class

10:30 Arthritis Exercise

10:30 Blood Pressure Screening

11:30 Lunch

1:00 BINGO

1:00 Dominoes

1:00 Let's Get Moving

15

8:30 Footcare Appts

9:00 Senior Yoga

9:15 Bowling at the Hook

10:00 Card Creators

11:30 Lunch

1:30 Cribbage

2:00 Qigong

16

9:00 Cardio Drumming

9:15 Simply Seniors

11:00 Red Hattitudes

11:30 Lunch

1:00 Sheepshead

12-3pm- Birthday lunch & Party!

17

8:30 Quilting

9:00 BINGO Brunch

11:30 Lunch

Creation Station pick up

20

No regular Senior Center Acitivities

11:30- Lunch

21

No regular Senior Center Acitivities

11:30- Lunch

22

No regular Senior Center Acitivities

11:30- Lunch

23

HAPPY THANKSGIVING!

Senior Center closed 23rd & 24th & NO Home Delivered Meals

COMMUNITY MEAL @ 12

24



27

9:00 Fitness Fun

11:30 Lunch

12:00 Footcare Appts

1:00 Movie: A Walk in the Clouds

28

8:30 Footcare

9:15 Simply Seniors

9:30 Mahjong

10:00 Froedtert Class

10:30 Arthritis Exercise

11:30 Lunch

1:00 BINGO

1:00 Dominoes

1:00 Let's Get Moving

29

8:30 Footcare Appts

9:00 Senior Yoga

9:15 Bowling at the Hook

10:00 Card Creators

11:30 Lunch

1:30 Cribbage

2:00 Qigong

30

9:00 Cardio Drumming

9:15 Simply Seniors

11:30 Lunch

1:00 Sheepshead

Call 920-793-5596 to sign up for classes and activities today!