

NOVEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>COA SHOPPING BUS</u> 1 <u>SENIOR CENTER</u> 10:00 Lecture: Medicare Part D /Prescription Advantage 11:00 Exercise Class 1:00 Whist	<u>SENIOR CENTER</u> 2 9:00 Hearing 10:00 Yoga 1:00 Movie: The Lake House 1:00 Computer class (pre-register)	<u>COA SHOPPING BUS</u> 3 <u>SENIOR CENTER</u> 10:00 Bingo 11:00 Exercise Class 12:30 Tai Chi
<u>SENIOR CENTER</u> 6 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 7 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage 	<u>SENIOR CENTER</u> 8 10:00 Lecture: Francine Kollias Medicare/Social Security 10:00 Book Club 11:00 Exercise Class 1:00 Whist 5:30 COA Meeting	<u>SENIOR CENTER</u> 9 9:00 Dental Screen By appoint 2:30 SHINE (By Appoint) 10:00 Yoga 1:00 Movie: Thank You for Not Smoking 1:00 Computer class (pre-register)	<u>NO SHOPPING BUS</u> 10 <u>SENIOR CENTER</u>  CLOSED Veteran's Day
<u>SENIOR CENTER</u> 13 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge 	<u>COA SHOPPING BUS</u> 14 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage	<u>SENIOR CENTER</u> 15 11:00 Exercise Class 1:00 Knitting 1:00 Whist 	<u>SENIOR CENTER</u> 16 Foxwoods Trip 10:00 Foot Care 10:30 SHINE (By Appoint) 10:00 Yoga 1:00 Movie: Prairie Home Companion 1:00 Computers (pre-register)	<u>COA SHOPPING BUS</u> 17 <u>SENIOR CENTER</u> 10:00 Bingo 10:00 BC Legal (by appt) 11:00 Exercise Class 12:30 Tai Chi
<u>SENIOR CENTER</u> 20 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 21 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage	<u>SENIOR CENTER</u> 22 11:00 Exercise Class 1:00 Whist 	<u>SENIOR CENTER</u> 23 CLOSED Happy Thanksgiving 	<u>NO SHOPPING BUS</u> 24 <u>SENIOR CENTER</u> CLOSED 
<u>SENIOR CENTER</u> 27 9:30 Art Class 11:00 Exercise Class  <u>LUNCH M-F</u> 11:45 Woodland Towers 12:30 Bridge	<u>COA SHOPPING BUS</u> 28 <u>SENIOR CENTER</u> 10:00 Watch Our Weight 11:30 Line Dancing 12:30 Cribbage	<u>SENIOR CENTER</u> 29 10:00 Lecture: Planning for a Loved One with Special Needs 10:00 Book Club 11:00 Exercise Class 1:00 Whist	<u>SENIOR CENTER</u> 30 9:30 Blood Pressure 10:00 Yoga 10:30 SHINE (By Appoint) 1:00 Movie: The Break-up 1:00 Computer class (pre-register)	<u>TENTATIVE DATE FOR</u>  FLU SHOTS— <u>CALL TO CONFIRM</u> VACCINE IS AVAILABLE NOVEMBER 15th 9:00 AM - 11:00 AM