

| PROGRAM CALENDAR - NOVEMBER 2024   |   |   |  |  |
|--|---|---|--|--|
| Mon  | Tue   | Wed   | Thu  | Fri  |
| RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEAL  |   |   |  | 10 Ping Pong at<br>the Little Theater<br>10:30 Bingo<br>1 Mahjong  |
| 4  | 5   | 6   | 7  | 8  |
| 10 Ping Pong at the<br>Little Theater<br>10 BINGO<br>1 Gentle Yoga<br>1 Advisory Meeting   | Reflexology 1 Mahjong 1 Medicare Fraud Talk 2 SLN: Ford's Theater: Lincoln Assassination 3 Bone Builders  | 9-3 1:1 Medicare Counseling 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie | 10 Cribbage<br>10:30 Strength,<br>Stretch, Stability<br>11:45 Veterans<br>Celebration<br>3 Bone Builders                             | 8:45 Driver Safety<br>Course<br>10 Ping Pong at the<br>Little Theater<br>10:30 Bingo<br>1 Mahjong  |
| 11   | 12  | 13  | 14   | 15   |
| CLOSED for<br>Veterans Day   | 12 Caregiver Support Group 1 Mahjong 1 Community Connections 2 SLN: The Roosevelt Children 3 Bone Builders                                      | 9-3 1:1 Medicare Counseling 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge                      | Thanksgiving Dinner 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders   | 9 Birthday Day Pie for Breakfast Celebration (no lunch) 10-12 Adult Horse Connections 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong |
| PROGRAMS MOVED OFF-SITE  |   |   |  |  |
| 18   | 19  | 20  | 21   | 22   |
| 8:00 Newsletter Folding at TSC 8:30-1 Foot Clinic at Shir Shalom 10 Ping Pong at the Little Theater 1 Gentle Yoga at Shir Shalom | 9:30 Commodities 1 Mahjong at the Norman Williams Public Library (NWPL) 2 SLN: Chimney Rock Museum (online only) 3 Bone Builders at Shir Shalom | 9-3 1:1 Medicare Counseling at Shir Shalom 10 Ping Pong at the Little Theater 1 Gentle Yoga at Shir Shalom 1 Bridge at NWPL   | 8:30-3 Foot Clinic at<br>Shir Shalom<br>10:30 Strength,<br>Stretch, Stability at<br>Shir Shalom<br>3 Bone Builders at<br>Shir Shalom | 10-12 Adult Horse<br>Connections<br>10 Ping Pong at the<br>Little Theater<br>1 Mahjong at<br>NWPL  |
| 25   | 26  | 27  | 28   | 29   |
| 9:30-12:30 Benefits Counseling at Shir Shalom 10 Ping Pong at the Little Theater 1 Gentle Yoga at Shir Shalom                    | 1 Mahjong at NWPL 2 SLN: Wyoming Veterans Museum (online only) 3 Bone Builders at Shir Shalom   | 9-3 1:1 Medicare Counseling at Shir Shalom 10 Ping Pong at the Little Theater 1 Gentle Yoga at Shir Shalom 1 Bridge at NWPL   | CLOSED<br>Thanksgiving<br>Holiday  | CLOSED<br>Thanksgiving<br>Holiday  |