

November 2018 - Center Activities

609-448-7140

Enrollment into any Instructional Class must be done at least five (5) business days prior to the start date, in order to guarantee attendance.

Monday Tuesday Wednesday Thursday Friday

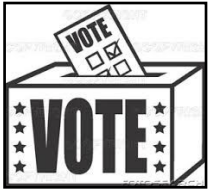
Pre-Registration is REQUIRED For ALL Activities During the Month. NO EXCEPTIONS.

The Worldly Book Tour
Commences in 2019!
Read an Internationally Intriguing Book and Discuss It at the Senior Center.
Monica, from the M.T. Library, Brings this Special Group to Us!
>> MORE INFO IN THE NEWSLETTER! <<

1 9 Adv. Healthy Bones
NEW: Chair Yoga (\$)
10:00 Ceramics
10:15 Body Works
10:30 Where the \$\$ Goes
12:15 Duplicate Bridge
12:30 Mixed Watercolor
1:00 Ted's Classic
2:00 Mandolin Class

2 9:00 Zumba Gold (LD)
10:00 Boot Camp
10:00 Bagels Plus
10:00 Jewelry By-U (\$)
10:30 Harmonica
11:00 **Meet the Author**
12:30 Watercolor Exp.
12:30 *Bonnie's Kids*
1:00 Table Tennis
1:30 Thomas Presents


5 9:00 SHAPE IT UP
9:00 Chorus Rehearsal
9:30 Drop-In Bridge
NEW: Move & Groove (\$)
10:30 Laughter Therapy
1 Yarn It / Games / T. Tennis
1:30 MUSIC BINGO (\$)
2:30 Your Personal Safety
3 Happy Travel Club

6
Office Closed


7 9:00 Total Toning
10:00 Fun with Yiddish
10:00 Paint for a Rainy Day
10:15 Bodies in Motion
10:15 Line Dancing
1:00 Jewelry Gems/ Games
1:00 Beg. Healthy Bones
1:00 Parkinson's Support
1:00 The World from Art

8 **Friends Tribute To Our Veterans**
All Exercise Classes and Duplicate Bridge are Postponed.
12:30 Mixed Watercolor
2:00 Mandolin Class

9 Zumba Gold (Flex?)
10:00 Boot Camp
10:00 Jewelry By-U
10:30 Amateur Sleuths
10:30 Harmonica
12:30 Watercolor Exp.
1:00 Table Tennis
1:30 Thomas Presents
2:00 iPhone Basics (\$)

12
OFFICE CLOSED


13 9:00 Games/ Chorus
9:30 Body Works
10:30 Triple 15
10:30 Between the Covers
11:00 Green Thumbs
11:30 POUND
12 Chess-Mates/ 1 T. Tennis
1:30 The Brill Building
2:00 Charcoals/Pastels
3:30 Pilates Class

14 9:00 Total Toning
10:00 Fun with Yiddish
10:15 Bodies in Motion
10:15 Line Dancing
10:30 3-D Art Demo
1:00 Jewelry Gems// Games
1:00 Beg. Healthy Bones
1:30 Tracks of Camden


15 9 Adv. Healthy Bones
9:00 Chair Yoga
10 Ceramics
10:15 Body Works
10:30 Fall Super-Foods
12:15 Duplicate Bridge
12:30 Mixed Watercolor
2:00 Mike & Ted Present
2:00 Mandolin Class


16 **NEW: Zumba Gold (\$)**
9:00 Chorus Rehearsal
10:00 Jewelry By-U
10:00 Boot Camp
10:30 The Holiday Blues
10:30 Harmonica
12:30 Watercolor Exp.
12:30 *Bonnie's Kids*
2 Patty's Tribute to R&H
2 iPhone Basics (LD)

19 8:45 **Drivers Safety (\$)**
9:00 SHAPE IT UP
9:00 In-Staff Training
9:30 Drop-In Bridge
10:00 Move & Groove
10:30 Living with Diabetes
New: Intermed. Tai Chi (\$)
1:00 Yarn It / T. Tennis
1:00 About Seurat
2:30 All the Way

20
Giving Thanks Luncheon \$5 p.p.
Sign-up by 11/5!
Chorus, Exercises, and Table Tennis Cancelled.
1:30 *Cancer Support*
2:00 Charcoals/Pastels

21 9 Health Bones Grads
9 Total Toning (IP)
10 Fun with Yiddish (LD)
NO Line Dancing TODAY
10:15 Bodies in Motion
10:30 The Pilgrims
1 Gems/ Games/ 2 Cribbage
1 Beg. Healthy Bones
NO Diabetes Support Today

22
OFFICE CLOSED


23
OFFICE CLOSED


26 9 SHAPE IT UP
9:30 Drop-In Bridge
10:00 Move & Groove
10:00 Art of the Masters
10:30 Healthy Brain Habits
11:15 Tai Chi
1:00 Yarn It
1:00 Games / T. Tennis
1:00 About Manet

27 9 Games// 1 T. Tennis
9:00 M.T. Chorus
9:30 Body Works
10:00 Holiday Trivets (\$)
10:30 Triple 15/ Meditation
11:30 POUND
12:00 Chess-Mates
1:30 Musical Journey
2:00 Charcoals/Pastels
3:30 Pilates Class

28 9 Healthy Bones Grads
9:00 Total Toning
10:15 Bodies in Motion
10:15 Line Dancing
11:30 African Adventure
1:00 Gems/ Games
1:00 Beg. Healthy Bones
1:00 The History of Ballet
1:30 Roaring 90's, by invite.
2:00 Caregivers Support

29 9 Adv. Healthy Bones
9:00 Chair Yoga
10:15 Body Works
10:00 Ceramics
10:30 Stand Tall
12:15 Duplicate Bridge
12:30 Mixed Watercolor (LD)
1:30 Broadway Deconstruct
2 Mandolin Class

30 9:00 Zumba Gold
10:00 Boot Camp
10:00 Jewelry By-U
10:30 Food: Get Real
10:30 Harmonica
12:30 Watercolor Exp. (LD)
1 Bonnie's Kids, By Invite
1:30 Jerry's Travels