

NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Beef Stew 12:15 pm - BINGO <i>1st game - cash prize</i>	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Breaded Fish Wedge 12:15 pm - MS/VG Senior Citizens' Club Meeting 12:30 pm - TAI CHI (Class meets at the Community Center)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 10:30 am - FREE BLOOD PRESSURE SCREENING 11:30 am - LUNCH: Shredded BBQ Chicken 12:15 p.m.  Special Entertainment by the XIQUES FAMILY	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Roast Turkey 12:30 pm - TAI CHI (Class meets at the Community Center) 12:45 pm - Grocery Shopping	9:00 am - 11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Roast Pork <hr/> Raffle items on display
9	10	VETERANS' DAY 11	12	13
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: BBQ Brisket of Beef 12:15 pm - BINGO	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Chicken Chasseur 12:30 pm - TAI CHI (Class meets at the Community Center)	 SENIOR CENTER CLOSED	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE 11:30 am - LUNCH: Stuffed Pepper 12:30 pm - TAI CHI (Class meets at the Community Center) 12:45 pm - Grocery Shopping	9:00 am - 11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Turkey <hr/> Raffle items awarded 1:15 pm - FIELD TRIP: TARGET <i>\$.50/person (16 may go)</i>
16	17	18	19	20
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Baked Chicken 12:15 pm - BINGO	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 12:15 pm - CRIME WATCH PROGRAM MSPD Community Policing Office 11:30 am - LUNCH: Beef Chili con Carne 12:30 pm - TAI CHI (Class meets at the Community Center)	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Egg Salad & Soup 12:15 pm - "DIABETES: A DISEASE YOU CAN MANAGE" -Jackie Gibson, MS, UF/M-D Extension Services	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Meatloaf 12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class meets at the Community Center) 1:15 pm - FIELD TRIP: WAL-MART <i>\$.50/person (16 may go)</i>	9:00 am - 11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am - LUNCH: Shredded Pork 12:15 pm - "MEDICARE ADVANTAGE PROGRAMS: HOW TO COMPARE HMOs" -Kathy Sarmiento, Liaison for SHINE (Serving Health Insurance Needs of Elders)
23	24	25	26	27
9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am - LUNCH: Chicken Cacciatore 12:15 pm - BINGO VOLUNTEERS NEEDED TO PREPARE FRUIT BASKETS	9:00 am - WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 10:45 am - CHAIR EXERCISE (Class meet at the Senior Center) 11:30 am - LUNCH: Picadillo 12:30 pm - TAI CHI (Class meets at the Community Center) DELIVER FRUIT BASKETS TO THE HOMEBOUNDS	9:00 am - CHAIR YOGA 10:30 am - "LET'S DANCE" (Classes meet at the Senior Center)  11:30 am - THANKSGIVING LUNCHEON: Turkey & all the trimmings	SENIOR CENTER CLOSED 	SENIOR CENTER CLOSED 
30				Call us for more information!  (305) 805-5160