

Senior Programs — November 2024

Mon	Tue	Wed	Thu	Fri
28	29	30	31	Nov 1 and Nov 2
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Stuffed Bell Peppers</i> Halloween Party and Dance	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	Craft Bazaar Nov 1: 12:00—4:00pm Nov 2: 9:00am—4:00pm
4	5	6	7	8
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Spaghetti and Meatballs</i> TidBit Tuesday with Wendy, Shield Health Care	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	<i>Remember that it's never too early to start being grateful for your blessings.</i>
11	12	13	14	
CLOSED for Veteran's Day	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Potato Soup</i> Entertainment by CC Engels	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 11:15am Brain Games with Multicare Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
18	19	20	21	22
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics at Church gym... 12:15pm Senior Café Lunch <i>Lasagna</i> Senior Resource Fair 11:00am—1:30pm	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics 9am-12p, SHIBA Appts. with Dave Krafty Krafter's 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
25	26	27	28	
10:00am Seated SAIL <u>11:40am</u> NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group 6:00pm Square Dance Class	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Potluck</i> Harvest Party & Thanksgiving Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	CLOSED for Thanksgiving Day	