

# Senior Programs — November 2024

Mon	Tue	Wed	Thu	Fri
28	29	30	31	<b>Nov 1 and Nov 2</b>
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Stuffed Bell Peppers</i> <b>Halloween Party and Dance</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	<b>Craft Bazaar</b>  Nov 1: 12:00—4:00pm Nov 2: 9:00am—4:00pm
4	5	6	7	8
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Spaghetti and Meatballs</i> <b>TidBit Tuesday with Wendy,</b> <b>Shield Health Care</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>9am-12p, SHIBA Appts. with Dave</b>  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>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
<b>CLOSED for Veteran's Day</b>	<b>11:00am SAIL Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Potato Soup</i> <b>Entertainment by CC Engels</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>11:15am Brain Games with Multicare</b>  Krafty Krafter's 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
18	<b>19</b>	20	21	22
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b> <b>at Church gym...</b>  <b>12:15pm Senior Café Lunch</b> <i>Lasagna</i> <b>Senior Resource Fair</b> <b>11:00am—1:30pm</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>9am-12p, SHIBA Appts. with Dave</b>  Krafty Krafter's 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
25	26	27	<b>28</b>	
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group <b>6:00pm Square Dance Class</b>	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Potluck</i> <b>Harvest Party &amp; Thanksgiving Bingo</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	<b>CLOSED for Thanksgiving Day</b>	29

# Senior Programs — December 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Potato Soup</i> <b>Tidbit Tuesday with the Milton/Edgewood Library</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>9am-12p, SHIBA Appts. with Dave</b>  Krafty Krafter's 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p><i>“December has the clarity, the simplicity, and the silence you need for the best FRESH START of your life.”</i></p>  </div>
9	<b>10</b>	11	12	
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Chicken Noodle Casserole</i> <b>Entertainment by Dakota Bob &amp; Friends</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b> <b>Brain Games with Multicare 11:15am</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
16	17	18	19	
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Holiday Potluck</i> <b>Christmas Party with Naomi Morgan</b>	10:00am <b>Seated SAIL</b>  Music & Memories 12:00-1:00pm  Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
23	24	25	26	
<b>CLOSED for Christmas Break</b>	<b>CLOSED for Christmas Break</b>	<b>CLOSED for Christmas</b>	<b>CLOSED for Christmas Break</b>	
30	31	Jan 1	2	3
10:00am <b>Seated SAIL</b>  <u>11:40am NEW Seated SAIL</u> with Jan 12:45pm <b>NEW</b> Writers Support Group	11:00am SAIL <b>Aerobics</b>  <b>12:15pm Senior Café Lunch</b> <i>Special Lunch</i> <b>Murder Mystery New Year</b>	<b>CLOSED for New Year's Day</b>	10:00am SAIL <b>Aerobics</b>  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	