


Monday	Tuesday	Wednesday	Thursday	Friday
	  <ul style="list-style-type: none"> <li>● Sponsored by the Senior Club</li> <li>▲ Fee Based Classes</li> <li>Free Seminars &amp; Workshops</li> </ul>	8:00 Walking Group ● 1 8:30 Farmers' Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●	9:00 NOCE- Crocheting & Knitting 2 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 3 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 9:00 Medicare 101 + 10:30 Health Enhancing Class + 11:00 Sr Lunch with Reservations 12:30 NOCE - Fit & Healthy with Kenny <b>No Movie Today.</b>
8:00 Walking Group ● 6 9:00 Longevity Stick Balance ● 9:00 NOCE - Fun & Fitness with Janine 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with reservation 11:00 Table Tennis 12:00 Medicare Counseling Appointments- HICAP ● 12:30 Bingo 1:00 Caring Companions	7:30 Pickleball ▲ 7 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:15 Medicare: Que hay de nuevo en 2024? + 11:30 Korean Drumming ▲ 12:45 Loteria 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 8 8:30 Farmer's Market 8:30 Tai Chi Chuan 8:45 Beginning Tai Chi Chuan ▲ 9:00 Sr. Line Dance Lessons 10:30 Chair Yoga ▲ 11:00 Medicare Q&A (English) + 11:00 Medicare Q & A (Spanish) + 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Museum & More, Cultural Excursions 4:00 Birthday Karaoke! ●	9:00 NOCE- Crocheting & Knitting 9 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 10:30 Korean Folk Singing ▲ 11:00 Table Tennis 11:00 Sr. Lunch with Reservations 11:30 Medicare Q&A (Korean) + 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle ▲ <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 10 8:00 Walking Group ● 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:30 Health Enhancing Class (Spanish) + 12:30 Friday Movie - "The Burial" <b>No Sr. Lunch</b> <b>No Health and Wellness with Eunice</b> <b>No Fit &amp; Healthy with Kenny</b>
8:00 Walking Group ● 13 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:00 Optum Veteran Pin Ceremony + 10:30 Chair Yoga ▲ 11:00 Ipad Training Workshop + 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ●	7:30 Pickleball ▲ 14 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:45 Loteria ● 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 15 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:30 Social Cookbook Workshop + 4:00 Karaoke! ●	9:00 NOCE- Crocheting & Knitting 16 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:30 Crafternoon - Wind Chimes 4:00 Senior Sing - A - Long <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 17 8:00 Bulletin Collation 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 4:30pm Crafternoon - Wind Chimes <b>No Movie Today.</b>
8:00 Walking Group ● 20 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling Appointments - HICAP ● 12:30 Bingo <b>No Chair Yoga</b>	7:30 Pickleball ▲ 21 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 11:30 Chair Volleyball 12:45 Loteria ● 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲ <b>No Tech Assistance Appointments</b>	8:00 Walking Group ● 22 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan 9:00 Sr. Line Dance Lessons ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ● <b>No Chair Yoga</b>	23  <b>Happy Thanksgiving</b> <b>Holiday Closure</b>	24 
Similar Schedule to November 20th 27 Add: 10:30 Chair Yoga Exclude: Medicare Counseling - HICAP	Similar Schedule to November 21st 28 Add: 11:00 Beating the Holiday Blues Exclude: Chair Volleyball	Similar Schedule to November 22nd 29 Add: 10:30 Chair Yoga	Similar Schedule to November 16th 30 Exclude: Grocery Distribution Senior Club Board Meeting Crafternoons Sing - A - Long	