

November 2024



● Sponsored by the Senior Club
 ▲ Fee Based Classes
 + Free Seminars & Workshops

7:30 Pickleball ▲
 8:00 Walking Group ●
 8:30 NOCE - Health & Wellness with Eunice
 11:00 Sr. Lunch with reservations
 12:30 NOCE - Fit & Healthy with Kenny
 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults

No Movie Today

8:00 Walking Group
 9:00 NOCE - Fun and Fitness with Janine
 9:00 Longevity Stick Balance
 9:00 Needlecraft Service Group ●
 9:00 Medicare Counseling - HICAP (Korean)
 10:00 Ipad Training class +
 10:00 OCTA Bus Riding Workshop +
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 12:00 Medicare Counseling - HICAP (English)
 12:00 NOCE Books Come Alive for Older Adults
 12:30 Bingo ●
 1:00 Caring Companions

4 7:30 Pickleball ▲
 9:00 Hawaiian Dance Lessons ▲
 9:00 Tai Chi Chuan ●
 9:15 Beginning Tai Chi Chuan
 9:00 NOCE - Staying Mentally Sharp
 10:00 NOCE - Health & Wellness with Robin
 10:30 Belly Dance Lesson ▲
 11:00 Sr. Lunch with Reservation
 11:30 Korean Drumming ▲
 6:00 Tuesday Evening Dance ▲

No Loteria

5 8:00 Walking Group ●
 8:30 Farmer's Market
 8:30 Tai Chi Chuan ●
 8:45 Beginning Tai Chi Chuan
 9:00 Line Dance Alive ▲
 10:00 Medicare Q&A Workshop +
 10:00 Brain Boot Camp +
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 12:30 NOCE - Fit & Healthy with Kenny
 4:00 Karaoke! ●

6 9:00 NOCE - Crocheting & Knitting
 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 ▲
 12:00 Festive Fitness w/ Deena
 12:00 Protein: Are you Getting Enough Workshop +
 12:30 Creative Coloring
 1:30 Korean Dance ▲
 4:00 Senior Ukulele Jam

7 7:30 Pickleball ▲
 8:00 Walking Group ●
 8:30 NOCE - Health & Wellness with Eunice
 10:00 Korean Parkinson Support Group
 10:00 Veterans Day Recognition +
 11:00 Grief Support Group
 11:00 Sr. Lunch with Reservation
 12:30 Friday Movie - "Coco"
 12:30 NOCE - Fit & Healthy with Kenny
 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults

HAPPY Veterans Day
Center Closed

11 7:30 Pickleball ▲
 9:00 Tai Chi Chuan ●
 9:00 Hawaiian Dance Lessons ▲
 9:15 Beginning Tai Chi Chuan
 9:00 NOCE-Staying Mentally Sharp
 10:00 NOCE- Health & Wellness with Robin
 10:30 Belly Dance Lesson
 11:00 Sr. Lunch with Reservation
 11:30 Korean Drumming ▲
 6:00 Tuesday Evening Dance ▲

12 8:00 Walking Group ●
 8:30 Farmer's Market
 8:30 Tai Chi Chuan ●
 8:45 Beginning Tai Chi Chuan ●
 9:00 Line Dance Alive ▲
 10:00 Brain Boot Camp +
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 12:30 NOCE - Fit & Healthy with Kenny
 1:00 Museum & More: Cultural Excursions
 4:00 Birthday Karaoke! ●

13 9:00 Trip #7: Soboba Casino
 9:00 NOCE - Crocheting & Knitting
 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 ▲
 12:00 Festive Fitness w/ Deena
 12:00 2025 Medicare Benefits Workshop (Korean)
 12:30 Creative Coloring ●
 1:00 Community Legal Aid Appointments
 1:00 Drought Tolerant Gardening Workshop +
 1:30 Korean Dance ▲
 4:00 Senior Drum Circle

14 7:30 Pickleball ▲
 8:00 Walking Group ●
 8:30 NOCE - Health & Wellness with Eunice
 11:00 Sr. Lunch with Reservation
 12:30 NOCE - Fit & Healthy with Kenny
 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults
 2:30 Crafternoon - Beeswax Candle rolling/Fall Wood Ornaments

No Movie Today.

18 8:00 Walking Group ●
 9:00 NOCE - Fun and Fitness with Janine
 9:00 Longevity Stick Balance
 9:00 Needlecraft Service Group
 9:00 Medicare Counseling - HICAP (Korean)
 10:00 Mental Health Seminar +
 10:00 Ipad Training Class +
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 11:00 Table Tennis ▲
 12:00 Medicare Counseling - HICAP (English)
 12:00 NOCE Books Come Alive for Older Adults
 12:30 Bingo ●

19 7:30 Pickleball ▲
 9:00 Tai Chi Chuan ●
 9:15 Beginning Tai Chi Chuan ●
 9:00 Hawaiian Dance Lessons ▲
 9:00 NOCE - Staying Mentally Sharp
 10:00 NOCE - Health & Wellness with Robin
 10:30 Belly Dance Lesson ▲
 11:00 Sr. Lunch with Reservation
 11:30 Korean Drumming ▲
 12:30 Loteria
 1:00 Alzheimer's Caregiver Support Group
 6:00 Tuesday Evening Dance ▲

20 8:00 Walking Group ●
 8:30 Farmer's Market
 8:30 Tai Chi Chuan ●
 8:45 Beginning Tai Chi Chuan ●
 9:00 Line Dance Alive ▲
 10:30 Chair Yoga ▲
 11:00 Sr. Lunch with Reservation
 12:30 NOCE - Fit & Healthy with Kenny
 4:00 Karaoke! ●

21 9:00 NOCE - Crocheting & Knitting
 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 ▲
 12:00 Holiday Safety & Scams Workshop+
 12:00 Festive Fitness w/ Deena
 12:30 Creative Coloring ●
 1:00 Senior Club Board Meeting
 1:30 Korean Dance ▲
 4:00 Senior Ukulele Jam

22 7:30 Pickleball ▲
 8:00 Walking Group ●
 8:30 NOCE - Health & Wellness with Eunice
 9:00 Bulletin Collation
 11:00 Sr. Lunch with Reservation
 11:00 Grief Support Group
 12:30 Friday Movie - "Finding 'Ohana"
 12:30 NOCE - Fit & Healthy with Kenny
 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults
 4:30 Crafternoon - Beeswax Candle rolling/Fall Wood Ornament

Similar to November 18th
 Include: 10:00 Medicare Options (Korean) +
 Exclude: Ipad training class/HICAP/mental health seminar
No NOCE Classes

Similar to November 19th
 Include: 12:30 Bunco ●
 Exclude: 1:00 Alzheimer's Caregiver Support Group
 12:30 Loteria
No NOCE Classes

Similar to November 20th
No NOCE Classes

Happy Thanksgiving
Center is Closed