

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 2016		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
		<u>Broadway Sings Trip</u> 10:00 Leave Sandel 10:15 Leave Rec Center 10:00 Men's Club Business Meeting 10:00 Seniorversity Pilates #3	10:30 Seniorversity Meditation #3 10:30 Quilting on Your Own 12:30 Craft Fair Workshop 2:00 "Timeless: the TV show Episode 1	10:30 Seniorversity Studio Art #3 3:45 Seniorversity Yoga #3	9:45 Executive Board Meeting 11:00 Special Events Committee 1:00 General Meeting (Cake donated by Kathy & Frank Hogan)	
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Daylight Savings Time Ends Turn clock back 1 hour	1:00 Walk South Park Avenue (leave from Sandel) 7:00 Village Board Meeting	10:00 Men's Club Billiards 10:00 Seniorversity Pilates #4 11:00 Creative Expressions 1:00 Words of Wisdom 2:00 Craft Fair Workshop Election Day	SPECIAL EVENT 12:00 Veteran's Day Luncheon \$5.00pp Non-Refundable (\$7.00pp day of event) CANCELLED: Stretch & Balance, Meditation, Quilting, "The News", Cards/Dominoes, Chair Dance, Line Dance	10:30 Seniorversity Studio Art #4 12:00-2:00 Blood Pressure Screening & Health Assessment* 3:45 Seniorversity Yoga #4	Veteran's Day Center Closed	
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
	<u>Intergenerational Committee @ HS</u> 12:10 Leave Sandel 12:15 Leave Rec Center 2:30 Sandel Circle visit to Maple Pointe	10:00 Men's Club Business Meeting 10:00 Seniorversity Pilates #5 11:00 Artist Reception: members display family photos <u>Lunch at Skipperdees Parlor</u> 12:30 Leave Sandel (only departure)	10:30 Seniorversity Meditation #4 10:30 Seniorversity Quilting #3 12:30 Craft Fair Workshop 2:00 "Timeless" the TV show Episode 2	10:30 Seniorversity Studio Art #5 11:00 Suppler Club Meeting 3:45 Seniorversity Yoga #5	11:00 Craft Fair Meeting 12:00 Birthday Brunch	
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
	SPECIAL EVENT 12:00 Congratulations Wendy/ Thanksgiving Luncheon \$5.00pp (\$7.00 day of event) CANCELLED: Core, Range Motion, Scrabble/Rummikub, & Center Stage	10:00 Men's Club Billiards 10:30 Seniorversity Pilates #6 11:00 Tuesday Topic: Stroke Prevention 1:00 Words of Wisdom 2:00 Friendly Callers Meeting 2:00 Craft Fair Workshop	10:30 Seniorversity Meditation #5 10:30 Seniorversity Quilting #4	Thanksgiving Day Center Closed	Center Closed	
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>			
	11:00 Plants & Grounds trip to Otto Keil Greenhouses 1:45 Headlines	11:00 Tuesday Topic: "How to get a Good Night's Sleep" <u>The Gallery Shopping & Lunch</u> 12:30 Leave Sandel (only departure)	10:30 Seniorversity Meditation #6 10:30 Seniorversity Quilting #5 <u>Landmark Theatre Trip</u> 12:30 Leave Sandel (only departure) 1:00 Chocolate Covered Pretzel Making (for craft fair) 2:00 Book Club 2:00 Happy Hour 6:00 Evening Dine Around			
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
Key: * This program is made possible with funding from the NC Dept of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging. SENIORVERSITY CLASSES ARE IN BOLD \$15 FEE APPLIES	9:45 Core* 11:00 Range of Motion* 11:30 NCJW at Rec Center 1:00 Scrabble/Rummikub 1:30 Center Stage	9:00 Aerobics 10:00 Shopping 10:00 Pilates 12:40 Yoga* 1:00 Talk It Out/Words of Wisdom 1:00 Cards 2:00 Scrabble/Rummikub	9:30 Stretch & Balance 10:30 Meditation 10:30 Quilting & Sewing 11:00 "The News" 1:00 Cards & Dominoes 1:00 Chair Dance* 2:00 Line Dance*	10:00 Cardio Dance 10:30 Art Class 10:30 Knitting & Crocheting 10:30 Flower Arranging 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub 3:45 Yoga	10:00 Zumba*	Updated 10/26