

# PELHAM SENIOR CENTER

## November 2022

50 Racquet Club Pkwy 205-620-6064

Mon	Tue	Wed	Thu	Fri
	1 <b>SIGN UP DAY</b> 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing	2 10:00am-1:00pm Party Bridge <b>12pm –1pm Gentle Yoga</b> 1pm Silver Sneakers Exercise <i>(at Rec Center)</i> 1:15-3:15pm Promenaders	3 <b>1:00pm Movie Madness</b>	4 <b>10:30-11:30am Tai Chi</b> 10:30 Crocheting 11:30 Hand and Foot
7 9am-3pm Card/Games Every Day <b>10:00am-3:00pm Duplicate Bridge</b> <b>10:30-11:20am Fitness Forward</b> <b>12:30pm Callahan Eye -Speaker,</b> Eye Glass Cleaning & Snacks <b>1:00pm Bingo</b> <i>(Southern Care New Beacon)</i>	8 <b>House Plant Collective &amp; lunch</b> <i>(Pre-registration required)</i> 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing	9 10:00am-1:00pm Party Bridge <b>11am-12pm Party Art</b> <i>(pre-registration required)</i> <b>12pm –1pm Gentle Yoga</b> 1pm Silver Sneakers Exercise <i>(at Rec Center)</i>	10 <b>11:15am Blood Pressure Checks</b> <i>Pelham Community Paramedics</i> <b>12:00pm Luncheon</b> <i>(pre-registration required)</i> <b>12:45pm Honoring Our Veterans</b> 1pm Entertainment with Chuck King	11 <b><u>CLOSED FOR</u></b> <b><u>VETERANS DAY</u></b>
14 <b>Men's Breakfast Outing</b> <i>(Pre-registration required)</i> 9am-3pm Card/Games Every Day <b>10:00am-3:00pm Duplicate Bridge</b> <b>10:30-11:20am Fitness Forward</b> <b>1:00pm-2:15pm Crafting Together</b> <i>(Pre-registration required)</i> 1pm Silver Sneakers Yoga <i>(at Rec Center)</i>	15 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing	16 10:00am-1:00pm Party Bridge <b>12pm –1pm Gentle Yoga</b> 1pm Silver Sneakers Exercise <i>(at Rec Center)</i> 1:15-3:15pm Promenaders	17 <b>1:00pm Penny Auction</b> <i>(Centerwell Home Health)</i>	18 <b>10:30-11:30am Tai Chi</b> 10:30 Crocheting 11:30 Hand and Foot <b>1:00pm Bingo</b> <i>(Kindred Hospice)</i>
21 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge <b>10:30-11:20am Fitness Forward</b> <b>1:00pm Drumming</b> 1pm Silver Sneakers Yoga <i>(at Rec Center)</i>	22 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing	23 <b><u>OPEN FOR CARDS,</u></b> <b><u>GAMES AND FUN</u></b>	24 <b><u>CLOSED FOR</u></b> <b><u>THANKSGIVING</u></b> <b><u>HOLIDAY</u></b>	25 <b><u>CLOSED FOR</u></b> <b><u>THANKSGIVING</u></b> <b><u>HOLIDAY</u></b>
28 9am-3pm Card/Games Every Day 10:00am-3:00pm Duplicate Bridge <b>10:30-11:20am Fitness Forward</b> <b>12pm Pot Luck</b> <i>(Pre-registration Required)</i> 1pm Silver Sneakers Yoga <i>(at Rec Center)</i>	29 <b>Lunch Around Town</b> <b>North Italia</b> <i>(Pre-registration required)</i> 10:00am Inter. Line dancing 11:45am Improver Line dancing 1:00pm Beginner Line Dancing	30 <b>10:00am-1:00pm Party Bridge</b> <b>12pm –1pm Gentle Yoga</b> 1pm Silver Sneakers Exercise <i>(at Rec Center)</i>	<b>Senior Center Hours of Operation</b> <b>9:00am-3:30pm</b> <b>For additional information please stop by the Pelham</b> <b>Senior Center or call 205-620-6064</b>	