

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

November 2018

Belpre Senior Center

			1 10am-BP Screening 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)			2 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Ghost and Mr. Chicken"			3								
4 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Daylight Saving Time Ends</small>			5 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games			6 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 2pm-Book Club 5:30pm-Low Impact Aerobics			7 10am-BP/BS Screening 11am-Veterans Day 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5) 6pm-Nickel Bingo			8 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Fly Away Home"			9 10		
11 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 1pm-Alz Support Group 5:30pm-Low Impact Aerobics <small>Veterans Day (US) Remembrance Day (Canada)</small>			12 11am-Birthday Party 11:15-Harp Music with Kim Henry 11:45am-Lunch(\$4) 1pm-Craft 1pm-Cards/Games			13 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 5:30pm-Low Impact Aerobics			14 11am-Holiday Energy Savings 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo			15 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "An Old Fashioned Thanksgiving"			16 17		
18 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics			19 11am-Thanksgiving Celebration/Dinner 11:45am-Lunch(\$4) 1pm-Cards/Games			20 10am-Chair Volleyball 1pm-Chair Exercise 1pm-Matter of Balance 2pm- Book Club No Aerobics Tonight			21  Closed For The Holiday <small>Thanksgiving Day (US)</small>			22 Closed For The Holiday			23 24		
25 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics			26 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Diabetic Support Group 1pm-Cards/Games			27 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics			28 11am-Senior Scams 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-line Dance(\$5)			29 9:30am-Bible Discussion Group Closed 12p-4p Staff Meeting			30		