November 2017

Belpre Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am-Chair Volleyball 1pm-Chair Exercise 1pm- Matter of Balance 5:30pm- Low Impact Aerobics	**2** 10am-BP Screening 10:30am- Nickel Bingo 11:45am- Lunch $4 1pm- Cards/Games 3pm-Line dance $5	**3** 10am- Bible Discussion 1pm- Movie- "Gifted"	**4**
5	**6** 11am- Tai Chi 11:45am-Stretch & Strength 2pm- Chair Volleyball 5:30pm-Low Impact Aerobics	**7** 11am- Club Meeting 11:45am- Lunch $4 1pm- Diabetes Edu. MMH 1pm-Cards/Games 6pm- Nickel Bingo	**8** 10am-Chair Volleyball 1pm-Chair Exercise 1pm- Matter of Balance 5:30pm- Low Impact Aerobics	10am-BP/BS Screening **9** 11am- Veteran's Program 11:45am- Lunch $4 1pm- Bunco 1pm Cards/Games 3pm- Line Dance $5	**10** 10am- Bible Discussion 11am- Journaling 1pm- Movie- "The Shakiest Gun in the West" Don Knotts	**11** Veterans Day (US) Remembrance Day (Canada)
12	**13** 11am- Tai Chi 11:45am-Stretch & Strength 1pm-Alz.support group 2pm- Chair Volleyball 5:30pm-Low Impact Aerobics	**14** 10am-BP Screening 11am-Birthday Party 11:45am- Lunch $4 1pm-Cards/Games 1pm-Craft	**15** 10am-Chair Volleyball 1pm-Chair Exercise 1pm- Matter of Balance 5:30pm- Low Impact Aerobics	**16** 11am-Cooking Demo: Pumpkin Dump Cake 11:45am-Lunch $4 1pm-Cards/Games 3pm- Line Dance $5 6pm- Nickel Bingo	**17** 10am-Bible Discussion 11am- Cooking Club(Thanksgiving) 1pm-Movie - "Northern Exposure" (Season 4)	**18**
19	**20** 11am- Tai Chi 11:45am-Stretch & Strength 2pm- Chair Volleyball 5:30pm-Low Impact Aerobics	**21** 11am-Thanksgiving Celebration/Dinner 11:45am- Lunch $4 1pm-Cards/Games	**22** 10am-Chair Volleyball 1pm-Chair Exercise 1pm- Matter of Balance	**23** **Closed for Holiday** Thanksgiving Day (US)	**24** **Closed for Holiday**	**25**
26	**27** 11am- Tai Chi 11:45am-Stretch & Strength 2pm- Chair Volleyball 5:30pm-Low Impact Aerobics	**28** 10am-BP Screening 10:30am-Nickel Bingo 11:45am- Lunch $4 1pm- Cards/Games	**29** 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm- Low Impact Aerobics	**30** 11am- Music with the McCloy's 11:45am- Lunch $4 1pm- Bunco 1pm- Cards/games 3pm Line Dance $5		

Belpre Senior Center, 1614 Washington Blvd., Belpre OH 45714 (740)423-6022: Becky Hennen-Manager, rhennen@oneillcenter.com