

CHADBOURN SENIOR CENTER

NOVEMBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:00 Mystery Computer Lab Puzzles</p>	<p>2. 8:15 Fitness & Exer 10:30 Word Games 11:45 Chair Exer 12:00 Social/Lunch 1:00 Crafts-ECollier</p>	<p>3. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:30 CLOSE</p>
<p>6. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 11:45 Chair Exer 12:00 Social/Lunch 1:00 BINGO Jigsaw Puzzle</p>	<p>7. 8:15 Fitness & Exer 10:30 Word Games 11:45 Chair Exercise 12:00 Social/Lunch 1:00 CANASTA</p>	<p>8. 8:15 Fitness & Exer 10:30 Word Games 10:30-12:30 INS MTG 11:30 Dance Aerobics 11:45 Chair Exercises 12:00 Social/Lunch 1:00 Mystery</p>	<p>9. 8:15 Fitness & Exercise 10:30 Word Games 11:45 Chair Exer 12:00 Social/Lunch 1:00 CRAFTS-EC COLORAMA</p>	<p>10. CLOSED VETERANS DAY</p>
<p>13. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 11:45 Chair Exer 12:00 Social/Lunch 1:00 BINGO</p>	<p>14 8:15 Fitness & Exer 10:30 Word Games 11:45 Chair Exercis 12:00 Social/Lunch 1:00 CANASTA Computer Lab</p>	<p>15 8:15 Fitness & Exercise. 8:45 MEDICARE D 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch 1:30 MYSTERY COLORAMA</p>	<p>16 8:15 Fitness & Exercise 10:30 Word Games 11:45 Chair Exer 12:00 Social/Lunch 1:00 CRAFTS-EC</p>	<p>17 8:15 Fitness & Exercis 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch COLORAMA 1:30 CLOSE</p>
<p>20. 8:15 Fitness & Exerci 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:00 BINGO COLORAMA</p>	<p>21 8:15 Fitness & Exerci 10:30 Word Games 11:30 Chair Exercises 12:00 Social/Lunch 1:00 CANASTA</p>	<p>22. 8:15 Fitness & Exercise 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch 1:00 MYSTERY COLORAMA</p>	<p>23. CLOSED THANKSGIVING</p>	<p>24. CLOSED THANKS- GIVING</p>
<p>27. 8:15 Fitness & Ex 10:30 Wd Games 11:30 Dance Aer 12:00Social/Lunch 1:00 BINGO</p>	<p>28. 8:15 Fitness & Exer 10:30 Word Games 11:30 Chair Exer 12:00 Social/Lunch 1:00 CANASTA</p>	<p>29. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 11:50 Chair Exer 12:00 Social/Lunch !:00 MYSTERY</p>	<p>30. 8:15 Fitness & Exer 10:30 Word Games 11:30 Chair Exer 12:00 Social/Lunch 1:00 CRAFTS</p>	

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For more Information: RubyShelley 910-654-4423 rshelley@columbusco.org Web:www.columbusco.org