

November 2016 Programs

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00am – 12:00pm – CLAIM Medicare Part D sign Up 9:45am – 11:45am Skillbuilders	2	3 10:00am – How to Tell Great Family Stories 10:30am - Bingo	4 10:00am – Making Dining Room Centerpieces 10:45am – Pam’s Potpourri 12:15pm – Noggin’ Joggin’	5 1:00pm – 5:00pm AARP Defensive Driving Class # \$
7 11:00am – Veterans Recognition	8 9:45am – 11:45am Skillbuilders 10:45am – What is CDBG & What does it have to do with me 12:30pm – 5 A Day Bingo	9 10:30am – 11:30am – Blood Pressure Screening 11:15am – Healthy Fats Can Help Prevent Type 2 Diabetes	10 10:30am – Handwashing is your best defense 12:15pm – Brain Dance - FREE	11 CLOSED FOR VETERANS DAY 	12
14 10:00am – Creating a Budget with Excel	15 9:30am – VNA Blood pressure AND blood sugar screening 9:45am – 11:45am Skillbuilders 10:30am – Coloring Your Way	16 BIRTHDAY CELEBRATION 11:00am – Clean Captions Phone System	17 12:15pm – White Elephant Bingo 12:15pm – Brain Dance \$2	18 9:30am – 11:15am – Wellmobile 11:00am – Spelling Bee	19
21	22 9:45am – 11:45am Skillbuilders	23 11:15AM - THANKSGIVING DINNER 11:15am – Spending Time with Friends NO AFTERNOON DANCE from 1:00-3:00 CLOSING AT 3:00 PM	24 CLOSED FOR THANKSGIVING 	25 CLOSED FOR THANKSGIVING 	26 CLOSED FOR THANKSGIVING 
28	29 Tour: Ozark Mountain Christmas # \$ 12:30pm – Nostalgic Christmas Tree Decorating	30 Tour: Ozark Mountain Christmas # \$			
Weekly Activities Monday	Weekly Activities Tuesday	Weekly Activities Wednesday	Weekly Activities Thursday	Weekly Activities Friday	Weekly Activities Saturday
9:00-9:45 Wake Up Workout \$2 9:00-12:00 Woodcarving Club SC 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB 11:30-12:00 Beginner Line Dance \$1 11:30 Lunch # 12:05-2:00 Open Line Dance \$2 12:30 Wii Games 12:30-2:30 Bare Bones Art 12:30 Game Time! 12:30 Pinochle 1:00-1:45 TRX Flexibility TMB \$3 6:00-6:45 Gentle Tai Chi	9:00a-9:45 Stretch & Tone \$1 10:00-10:45 SilverSneakers Classic TMB 10:30-11:00 Sittin’ Fit 11:30 Lunch # 12:30 Game Time! 1:00-5:30 Open Play Pickleball	9:00-9:45 Wake Up Workout \$2 10:00-10:45 PEPPi 11:00-11:45 Intermediate Tap # \$ 11:15 Mid-Week Stretch (NONE ON 23rd) 11:30 Lunch # 12:00-12:45 SilverSneakers Circuit TMB 12:00-4:00 Woodcarving Club SC 12:30 Game Time! 1:00-3:00 Afternoon Dance \$3 (NONE ON 23rd) 1:15-2:00 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$1 9:00-2:00 Tagiliima Crafts 10:00-10:45 – SilverSneakers Classic TMB 10:30-11:00 Sittin’ Fit 11:30 Lunch # 12:30 Game Time! 12:30 Wii Games 12:00-1:00 Beginning Pickleball 1:00-5:30 Open Play Pickleball 2:00-2:45 Learn to Belly Dance \$1 TMB	9:00-9:45 Wake Up Workout \$2 10:00-10:45 PEPPi 10:15-11:15 Stitch in Time \$1 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$2 12:30 Game Time!	1:00-4:45 Advanced Pickleball 

#=Reservation Required \$= Fee

TMB= Truman Memorial Bldg

GO= George Owens Park

SC= Sermon Center