


November 2022 Program

The Palmer Center

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|
| | 1 9:30 Health Living with Chronic Conditions# 10:00 Tai Chi for Arthritis# 12:15 Are You Ready? | 2 9:45 Nutrition Site Committee 12:30 Music with the Palmer Players | 3 9:30 BP checks and health info with Research Nursing Students 10:00 Tai Chi for Arthritis# 10:30 Bingo | 4 10:45 Celebrate Squash | 5 |
| 7 10:00 Activity with Cleveland University Monday Motivation and Movement 12:15 Tech Talk/Pop-Up Library | 8 9:30 Health Living with Chronic Conditions# 10:00 Tai Chi for Arthritis# 12:15 Are You Ready? | 9 10:00 Coloring Your Way 12:30 Open Music Jam | 10 10:00 Tai Chi for Arthritis# 10:30 Veteran's Café 12:30 Veteran's Recognition | 11 CLOSED – VETERANS DAY | 12 |
| 14 10:00 Activity with Cleveland University Monday Motivation and Movement | 15 9:30 Health Living with Chronic Conditions# 9:30 VNA Blood Pressure and Blood Sugar Checks | 16 12:30 Music with the Palmer Players | 17 1:30 White Elephant Bingo 2:00 Cover to Cover Book Club | 18 10:30 The Art in You 12:15 Ice Cream Social | 19 |
| 21 10:00 Activity with Cleveland University Monday Motivation and Movement | 22 9:30 Health Living with Chronic Conditions# | 23 10:00 Coloring Your Way 11:30 Thanksgiving Luncheon 12:30 Open Music Jam Center closes at 3:00 PM | 24 CLOSED – THANKSGIVING | 25 CLOSED – THANKSGIVING HOLIDAY | 26 |
| 28 10:00 Activity with Cleveland University Monday Motivation and Movement | 29 10:00 Tree Trimming | 30 10:15 NTR – Come Blow Your Horn \$# 12:30 Music with the Palmer Players | | | |
| 9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 12:05-2:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle | 9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:00 Advanced Pickleball \$ | 9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB 6:00 – 9:00 18+ Pickleball \$4 | 9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:30 Advanced Pickleball \$ | 9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$3 |  THE PALMER CENTER INDEPENDENCE PARKS & RECREATION |

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center