



# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## NOVEMBER 2024

### ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>3</b>	<b>4</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i>	<b>5</b>	<b>6</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>7</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>1 / 8</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>2 / 9</b>
<b>10</b> 4:00- 6:00 pm DANCE	<b>11</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i>	<b>12</b>	<b>13</b> 9:30- 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Top Gun: Maverick</i> <i>1 small drink &amp; popcorn/person**</i>	<b>14</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Chiropractic Care</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>15</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>16</b>
<b>17</b>	<b>18</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i>	<b>19</b>	<b>20</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>21</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>22</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>23</b>
<b>24</b>	<b>25</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE 5:30- 6:30 pm WATER FITNESS CLASS <i>Fit Happens P.M.</i>	<b>26</b>	<b>27</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>28</b> <b>CENTER CLOSED</b>	<b>29</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>30</b>

ALL ACTIVITIES ARE **FREE**  
(UNLESS OTHERWISE NOTED)  
THANKS TO >>



\*Sponsored in part by **Hammond-Henry Hospital**

\*\*Sponsored by **Classic Club**

# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## DECEMBER 2024

**ARE YOU ELIGIBLE AND RECEIVE MEDICAID?**  
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SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>3</b>	<b>4</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>5</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>6</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i> 9:45- 10:45 am WATER FITNESS CLASS <i>For the Love of Fit</i>	<b>7</b>
<b>8</b> 4:00- 6:00pm DANCE	<b>9</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>10</b>	<b>11</b> 9:30- 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Christmas Vacation</i> <i>1 small drink &amp; popcorn/person**</i>	<b>12</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Chiropractic Care</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>13</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i> 9:45- 10:45 am WATER FITNESS CLASS <i>For the Love of Fit</i>	<b>14</b>
<b>15</b>	<b>16</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>17</b>	<b>18</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>19</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>20</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>21</b>
<b>22</b>	<b>23</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>24</b>	<b>25</b> <b>CHRISTMAS DAY CENTER CLOSED</b>	<b>26</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>27</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>28</b>
<b>29</b>	<b>30</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>31</b>	<b>1</b> <b>NEW YEARS DAY CENTER CLOSED</b>	<p>ALL ACTIVITIES ARE <b>FREE</b> (UNLESS OTHERWISE NOTED) THANKS TO &gt;&gt;</p> <p><i>*Sponsored in part by Hammond-Henry Hospital</i> <i>**Sponsored by Classic Club</i></p>		