

# Twin Pines Senior & Community Center

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>(S) = Activity requires Signing Up</b>  <b>(R) = Activity requires Registration at Parks &amp; Rec office</b>  <b>(blank) = Activity is drop-in</b></p>		<p><b>1</b></p> <p>8:45 Strength Training                      9:00 Bread Program                      9:30 Video Aerobics                      10:00 Spanish Class                      10:15 Yoga For All (R)                      10:30 Zumba Gold (R)                      11:30 German Conversation                      11:30 Lunch Program (S)                      12:30 New Movie  <b>1:00 Art Group</b></p>	<p><b>2</b></p> <p>9:30 Walking Group  <b>9:30 Harmony In Action/Choir</b>                      9:30 Canasta                      10:00 Rosen Method Movement (S)  <b>10:00 Living Healthy Workshop (S)</b>  <b>10:00 Color Me Calm</b>                      11:00 Beat Arthritis (R)                      11:30 Lunch Program (S)                      12:15 Wii Bowling                      12:30 Blockbuster Movie                      12:30 Bridge</p>	<p><b>3</b></p> <p>9:30 Chair Yoga with Katherine!                      10:00 Mindful Meditation                      11:00 Mandarin Class                      12:00 BINGO                      1:00 Chinese Mahjong</p>
		<p><b>6</b></p> <p>9:00 Bread Program                      9:30 Video Aerobics                      10:00 Italian Chat                      10:00 Spanish Chat                      11:00 Tai Chi (R)  <b>1:00 Book Club</b>                      1:00 Beat Arthritis (R)                      2:00 French Chat</p>	<p><b>7</b></p> <p>9:00 Beginner's Japanese                      9:30 Walking Group                      10:00 Chinese Mahjong Class (S)                      11:30 Lunch Program (S)                      12:30 Classic Movie                      12:30 Crafts Group                      1:00 Sewing &amp; Quilting Group                      1:15 Tai Chi (R)</p>	<p><b>8</b></p> <p>8:45 Strength Training                      9:00 Bread Program                      9:30 Video Aerobics                      10:00 Spanish Class                      10:15 Yoga For All (R)                      10:30 Zumba Gold (R)                      11:30 German Conversation                      11:30 Lunch Program (S)                      12:30 New Movie  <b>1:00 Art Group</b></p>
<p><b>13</b></p> <p>9:00 Bread Program                      9:30 Video Aerobics  <b>10:00 Ukulele Sing Along</b>                      10:00 Italian Chat                      10:00 Spanish Chat                      11:00 Tai Chi (R)                      1:00 Beat Arthritis (R)                      2:00 French Chat</p>	<p><b>14</b></p> <p>9:00 Beginner's Japanese                      9:00 AARP Smart Driver (S)                      9:30 Walking Group                      10:00 Chinese Mahjong Class (S)                      11:30 Lunch Program (S)  <b>12:00 Pedro card game</b>                      12:30 Foreign Film                      12:30 Crafts Group                      1:00 Sewing &amp; Quilting Group                      1:15 Tai Chi (R)</p>	<p><b>15</b></p> <p>8:45 Strength Training                      9:00 Bread Program                      9:30 Video Aerobics                      10:00 Spanish Class                      10:15 Yoga For All (R)                      10:30 Zumba Gold (R)                      11:30 German Conversation                      11:30 Lunch Program (S)                      12:30 New Movie  <b>1:00 Art Group</b></p>	<p><b>16</b></p> <p>9:30 Walking Group                      9:30 Canasta                      10:00 Rosen Method Movement (S)  <b>10:00 Color Me Calm</b>                      11:00 Beat Arthritis (R)                      11:30 Lunch Program (S)                      12:15 Wii Bowling                      12:30 Bridge                      12:30 Blockbuster Movie</p>	<p><b>17</b></p> <p>9:00 AARP Smart Driver (S)                      9:30 Chair Yoga with Katherine!                      10:00 Mindful Meditation                      11:00 Mandarin Class                      12:00 BINGO                      1:00 Chinese Mahjong</p>
<p><b>20</b></p> <p>9:00 Bread Program                      9:30 Video Aerobics                      10:00 Italian Chat                      10:00 Spanish Chat                      11:00 Tai Chi (R)                      1:00 Beat Arthritis (R)                      2:00 French Chat</p>	<p><b>21</b></p> <p>8:30 Blood Pressure Clinic                      9:00 Beginner's Japanese                      9:30 Walking Group                      10:00 Chinese Mahjong Class (S)  <b>10:00 Senior Club Meeting</b>                      11:30 Lunch Program (S)                      12:30 Classic Movie                      12:30 Crafts Group                      1:00 Sewing &amp; Quilting Group                      1:15 Tai Chi (R)</p>	<p><b>22</b></p> <p>8:45 Strength Training                      9:00 Bread Program                      9:30 Video Aerobics                      10:00 Spanish Class                      10:15 Yoga For All (R)                      11:30 German Conversation                      11:30 Lunch Program (S)                      12:30 New Movie  <b>1:00 Art Group</b></p>	<p><b>23</b> <b>Center Closed</b> <b>24</b></p> <div style="text-align: center;">  </div>	
<p><b>27</b></p> <p>9:00 Bread Program                      9:30 Video Aerobics  <b>10:00 Opinion Exchange w/ Jim Dunbar</b>  <b>10:00 Stamp Collectors</b>                      10:00 Italian Chat*                      11:00 Tai Chi (R)                      10:00 Spanish Chat                      1:00 Beat Arthritis (R)                      2:00 French Chat</p>	<p><b>28</b></p> <p>9:00 Beginner's Japanese                      9:30 Walking Group                      10:00 Chinese Mahjong Class (S)                      11:30 Lunch Program (S)  <b>12:00 Pedro card game</b>                      12:30 Foreign Film                      12:30 Crafts Group                      1:00 Sewing &amp; Quilting Group                      1:15 Tai Chi (R)</p>	<p><b>29</b></p> <p>8:45 Strength Training                      9:00 Bread Program                      9:30 Video Aerobics                      10:00 Spanish Class                      10:15 Yoga For All (R)                      11:30 German Conversation                      11:30 Lunch Program (S)                      12:30 New Movie/ 1:00 Art Group  <b>1:00 Memory Loss Workshop: Stress &amp; Coping Skills</b></p>	<p><b>30</b></p> <p>9:30 Walking Group                      9:30 Canasta                      10:00 Rosen Method Movement (S)  <b>10:00 Color Me Calm</b>                      11:00 Beat Arthritis (R)                      11:30 Lunch Program (S)                      12:15 Wii Bowling                      12:30 Bridge                      12:30 Blockbuster Movie</p>	<p><b>*Activities are subject to change. Please call 595-7444 to confirm.</b></p>