

9 -Tai Chi 10-Dominoes 10:15-Gotta Have Art 2:20-Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games

CLOSED ELECTION DAY NO MEALS IN MANISTEE



9 -Tai Chi 10-BP Clinic 10:30-Zumba Gold 10:30-TOPS Mtg 11-Produce Bingo 1-Cardio Drumming 10-Cribbage 10-Sit & Fit 11-Grief Support Group 1-Cardio Drumming 1-Cozy Sweater & Blanket Movie Day 1-Chess

9 -Tai Chi 10-Screen & Stitch at the Vogue 10-Balance & Stretch 10-Hand & Foot Game 1-Cardio Drumming 1-Euchre

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9 -Tai Chi 10-Reflexology 10-Dominoes 10:15-Gotta Have Art 12-Chair Massage 12:30- Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games 9:30 Foot Clinic
10-Sit & Fit
11-Drop in Tech Help
11-Music-Playing it
Forward
12:30-Veteran's Day
"Thank You"
12:30-Bridge
1-Pinochle
1-Line Dancing
2-Knit & Crochet

3:30-Chair Yoga

9 -Tai Chi
10-BP Clinic
10:30-TOPS Mtg
10:30-Zumba Gold
11-Fun Bingo
1-Frosty Fun Workshop
with Linda
1-Cardio Drumming
1-Charleston SC
Information Meeting

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10-Cribbage
10-Sit & Fit
1-Cardio Drumming
1-Chess
2:30-Dementia
Support Group

9-Tai Chi 10-Attorney Michael Herring 10-Balance & Stretch 10-Hand & Foot Game 1-Cardio Drumming 1-Euchre

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10-Dominoes
10:15-Gotta Have Art
12:30-Bridge
1-Balance &
Stretch
1-Mah Jongg
1-Pinochle
2-Board Games

9:30 Foot Clinic
10-Sit & Fit
11-Drop in Tech Help
12:30-Bridge
1-Popcorn & A Movie
at the Vouge
1-Pinochle
1-Line Dancing
2-Knit & Crochet
3:30-Chair Yoga

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9 -Tai Chi
10-BP Clinic
10:30-TOPS Mtg
10:30-Zumba Gold
11-November Birthdays
11-Fun Bingo
1-Cardio Drumming

10-Cribbage 10-Sit & Fit 11-Coffee & Donuts w/ First Responders 11-Parkinson's Support Group 1-Cozy Sweater & Blanket Movie Day 1-Cardio Drumming 1-Chess 9-Food Bank 9-Tai Chi 10-Verterans Outreach Program 10-Balance & Stretch 10-Hand & Foot Game 1-Cardio Drumming 1-Euchre

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9 -Tai Chi 10-Reflexology 10-Dominoes 10:15-Gotta Have Art 12-Chair Massage 12:30-Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games 25

10-Sit & Fit 11-Drop in Tech Help 11-Music w/ Suzanne 12:30-Bridge 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30-Chair Yoga **26** 9 -Tai Chi 10-BP Clinic

10-BP Clinic 10:30-TOPS Mtg 10:30-Zumba Gold 11-Fun Bingo 1-Cardio Drumming CLOSED
NO MEALS SERVED
OR DELIVERED
Halpidy

Thanksgiving!

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CLOSED
NO MEALS SERVED
OR DELIVERED

THANKFUL

Senior Center Hours: Mon. - Fri. 8:00am - 4:30pm 💥