

# NOVEMBER 2024

Calendar of Events



**Senior Center Hours**  
Monday - Friday  
8:00am - 4:30pm

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## Important Dates in November

- 5 - General Election Day - Senior Center Closed
- 6 - Produce Bingo - Manistee
- 7 - Update from Dr. Antal, Katie Dye & Jacob DeBoni
- 11 - Music w. Playing It Forward
- 13 - Art Intsitute Card Making Class
- 14 - Art Rocks!
- 19 - Popcorn & a Movie at the Vouge Theatre


## Meijer **SIMPLY GIVE** Program through December 28th

- 20 - November Birthday Celebrations
- 21 - Coffee & Donuts w/ Local First Responders
- 22 - Veterans Outreach
- 26 - Coffee w/ Port City Brew
- 28 - HAPPY THANKSGIVING - CLOSED
- 29 - CLOSED

- 1
- 9 - Self-Parenting/Re-Parenting Class
  - 9 - Tai Chi
  - 10 - Balancing & Stretching
  - 1 - Cardio Drumming
  - 1 - Euchre

- 4
- 9 - Tai Chi
  - 10 - Dominoes
  - 10 - Reflexology
  - 10:15 - You gotta have Art
  - 12 - Chair Massage
  - 1 - Balance/Stretching
  - 1 - Maj Jongg
  - 1 - Pinochle
  - 2 - Board Games

5



**GENERAL ELECTION DAY**

*SENIOR CENTER CLOSED*

- 6
- 9 - Tai Chi
  - 10 - BP Clinic
  - 10:30 - TOPS Mtg.
  - 10:30 - Zumba Gold
  - 11 - Produce Bingo
  - 1 - Cardio Drumming

- 7
- 10 - Cribbage
  - 10 - Sit and Fit
  - 11 - Dr. Antal, Katie Dye & Jacob DeBoni (Lakeshore Medical)
  - 11 - Grief Support Group
  - 1 - Cardio Drumming
  - 1 - Chess
  - 2 - Depression Support Group

- 8
- 9 - Self-Parenting/Re-Parenting Class
  - 9 - Tai Chi
  - 10 - Balancing & Stretching
  - 1 - Cardio Drumming
  - 1 - Euchre

- 11
- 9 - Tai Chi
  - 10 - Dominoes
  - 10:15 - You gotta have Art
  - 1 - Balancing/Stretching
  - 1 - Mah Jongg
  - 1 - Pinochle
  - 2 - Board Games

- 12
- 9:30 - Foot Clinic
  - 10 - Sit and Fit
  - 11 - Drop In Tech Help
  - 11 - Musicw/Playing it Forward
  - 12:30 - Bridge
  - 1 - Pinochle
  - 1 - Line Dancing
  - 2 - Knit & Crochet Circle
  - 3:30 - Chair Yoga

- 13
- 9 - Tai Chi
  - 10 - BP Clinic
  - 10 - Foot Clinic
  - 10 - Eyeglass Clinic
  - 10:30 - TOPS Mtg.
  - 10:30 - Zumba Gold
  - 11 - Bingo
  - 1 - Art Inst. Card Making
  - 1 - Cardio Drumming

- 14
- 10 - Cribbage
  - 10 - Sit and Fit
  - 1 - Cardio Drumming
  - 1 - Chess
  - 2 - Art Rocks!
  - 3 - Dementia Support Group

- 15
- 9 - Self-Parenting/Re-Parenting Class
  - 9 - Food Bank
  - 9 - Tai Chi
  - 10 - Balancing/Stretching
  - 1 - Cardio Drumming
  - 1 - Euchre

- 18
- 9 - Tai Chi
  - 10 - Dominoes
  - 10 - Reflexology
  - 10:15 - You gotta have Art
  - 12 - Chair Massage
  - 1 - Balancing/Stretching
  - 1 - Mah Jongg
  - 1 - Pinochle
  - 2 - Board Games

- 19
- 9:30 - Foot Clinic
  - 9:30 - Cards & Coffee
  - 10 - Sit and Fit
  - 11 - Drop In Tech Help
  - 12:30 - Bridge
  - 1 - Pinochle
  - 1 - Line Dancing
  - 1 - Popcorn & Movie
  - 2 - Knit & Crochet Circle
  - 3:30 - Chair Yoga

- 20
- 9 - Tai Chi
  - 10 - BP Clinic
  - 10:30 - TOPS Mtg.
  - 10:30 - Zumba Gold
  - 11 - Bingo
  - 11 - Birthday Celebrations
  - 1 - Cardio Drumming
  - 2 - Munson Update w/ Kelly

- 21
- 10 - Cribbage
  - 10 - Sit and Fit
  - 11 - Coffee & Donuts w/ Local First Responders
  - 11 - Parkinson's Support Group
  - 1 - Cardio Drumming
  - 1 - Chess

- 22
- 9 - Self-Parenting/Re-Parenting Class
  - 9 - Tai Chi
  - 10 - Veterans Outreach
  - 10 - Balancing/Stretch
  - 1 - Sip & Stroke Painting
  - 1 - Cardio Drumming
  - 1 - Euchre

- 25
- 9 - Tai Chi
  - 10 - Dominoes
  - 10:15 - You gotta have Art
  - 1 - Balancing/Stretching
  - 1 - Mah Jongg
  - 1 - Pinochle
  - 1 - Spirit of Woods brd mtg
  - 2 - Board Games

- 26
- 10 - Sit and Fit
  - 11 - Coffee w/ Port City Brew
  - 11 - NO Tech Help
  - 12:30 - Bridge
  - 1 - Pinochle
  - 1 - Line Dancing
  - 2 - Knit & Crochet Circle
  - 3:30 - Chair Yoga

- 27
- 9 - Tai Chi
  - 10 - BP CLINIC
  - 10:30 - TOPS mtg
  - 10:30 - Zumba® Gold
  - 11 - Bingo
  - 1 - Cardio Drumming

28

**HAPPY THANKSGIVING!**

*SENIOR CENTER CLOSED*



29

**HAPPY THANKSGIVING!**

*SENIOR CENTER CLOSED*