

|          |                                 |  |  |  |      |
|----------|---------------------------------|--|--|--|------|
| November | <b>St. Peters Senior Center</b> |  |  |  | 2019 |
|          | 636-278-2410                    |  |  |  |      |
|          | <b>Activity Calendar</b>        |  |  |  |      |

|           | <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>  |
|-----------|--|--|---|---|--|
|           |  | <b>Advanced reservations will be required for Thanksgiving dinner on the 21st.</b> | <b>Remember to get your chances for our Thanksgiving Basket Raffle. Drawing will be on Nov. 21st.</b> |   | <b>1</b> Senior Exercise 9:15 & 10:15                                    |
| <b>4</b>  | Senior exercise 9:15 & 10:15<br>Arthritis exercise 9:20<br>Bingo 12:15                           | <b>5</b>   | <b>6</b>  | <b>7</b>  | <b>8</b>   |
|           |  | Music, dancing 10:00<br>Tai Chi 10:00<br>Pinochle ( after lunch)                   | Balance & Strength Training 9:30<br>Arthritis class 10:30   | Dance Aerobics 10:00<br>Trivia 11:00<br>Bingo 12:15<br>Pinochle ( after lunch)<br><br>Ken Roberts 10:00 to celebrate our Veterans.                            | Senior exercise 9:15 & 10:15<br>Tai Chi 9:30<br>Arthritis exercise 10:30 |
| <b>11</b> | Senior exercise 9:15 & 10:15<br>Arthritis exercise 9:20<br>Bingo 12:15<br>Support committee 1:00 | <b>12</b>  | <b>13</b>   | <b>14</b>   | <b>15</b>  |
|           |  | Music, dancing 10:00<br>Tai Chi 10:0<br>Pinochle ( after lunch)                    | Balance & Strength Training 9:30<br>Arthritis exercise 10:30  | Dance Aerobics 10:00<br>Trivia 11:00<br>Bingo 12:15<br>Pinochle ( after lunch)  | Senior exercise 9:15 & 10:15<br>Tai Chi 9:30<br>Arthritis exercise 10:30 |
| <b>18</b> | Senior exercise 9:15 & 10:15<br>Arthritis exercise 9:20<br>Bingo 12:15<br>Birthday party         | <b>19</b>  | <b>20</b>   | <b>21</b>   | <b>22</b>  |
|           |  | Music, dancing 10:00<br>Tai Chi 10:00<br>Pinochle ( after lunch)                   | Balance & Strength Training 9:30<br>Arthritis exercise 10:30  | Thanksgiving celebration<br>Basket raffle 11:00<br>Officer Melissa Doss to speak at Senior advisory meeting from 1 -2 p.m. in dining room.<br>All are welcome | Senior exercise 9:15 & 10:15<br>Tai Chi 9:30<br>Arthritis exercise 10:30 |
| <b>25</b> | Senior exercise 9:15 & 10:15<br>Arthritis exercise 9:20<br>Bingo 12:15                           | <b>26</b>  | <b>27</b>   | <b>28</b>   | <b>29</b>  |
|           |  | Music, dancing 10:00<br>Tai Chi 10:00<br>Pinochle ( after lunch)                   | Balance & Strength Training 9:30<br><br>Arthritis exercise 10:30                                      | Closed for the Holiday.<br>Happy Thanksgiving!  | Closed for the holiday.  |