


PELHAM SENIOR CENTER

November 2021

50 Racquet Club Pkwy 205-620-6064

Mon	Tue	Wed	Thu	Fri
 <p>1 10:00am-3:00pm Duplicate Bridge NO FITNESS FORWARD</p>	<p>2 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>3 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders</p>	<p>4 9:15am-1:00pm Mahjong Outing— Stonebridge Farms <i>(Pre-registration is required)</i></p>	<p>5 9:30 Let's Get Walking 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot National Donut Day!</p>
<p>8 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 11:30am Tin Can Flowers <i>(Southeast Network Hospice)</i> 1:00pm-2:30pm Crafting Together</p>	<p>9 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing Outing—(Pre-registration is required) Carpenetti's Pizza and Shopping at Grand River Outlet Mall</p>	<p>10 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:30pm Book Club National Vanilla Cupcake Day!</p>	<p>11 Veteran's Day Senior Center Closed!</p>	<p>12 9:30 Let's Get Walking 9:30 Honoring Our Veterans <i>(Light refreshments sponsored by Shelby Ridge)</i> 10:30-11:30am Tai Chi 11:30 Hand and Foot 1pm Bingo <i>(Amedisys)</i></p>
<p>15 8:30am Men's Breakfast Outing <i>(Pre-registration is required)</i> 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1:00-1:50pm Drumming</p>	<p>16 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>17 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga 1:15-3:15pm Promenaders Lunch Around Town— Lloyd's Restaurant <i>(pre-registration Required)</i></p>	<p>18 9:15am-1:00pm Mahjong 12pm Thanksgiving Luncheon <i>(pre-registration required)</i> 1pm Elvis</p>	<p>19 10:30-11:30am Tai Chi 10:30 Crocheting 11:30 Hand and Foot 1pm Holiday Charades</p>
<p>22 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Singo <i>(ExpectCare Hospice)</i></p>	<p>23 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>24 10:45am Silver Sneakers Exercise <i>(at Rec Center)</i> 10:00am-1:00pm Party Bridge 12pm –1pm Gentle Yoga</p>	<p>25 Happy Thanksgiving!! Senior Center Closed!</p>	<p>26 Senior Center Closed</p>
<p>29 10:00am-3:00pm Duplicate Bridge 10:30-11:20am Fitness Forward 1pm Penny Auction <i>(Kindred At Home)</i> 1pm-3pm Open Paint</p>	<p>30 10:00am Inter. Line dancing 10am-3pm Card/Games Day 11:15am Improver Line dancing 12:30pm Beginner Line Dancing</p>	<p>Hours of Operation Monday– Friday 9:00am-3:30pm</p>	<p>Stop by the Welcome Desk at the Senior Center to register for any activity/program (spaces are limited.) For more information, please call the Pelham Senior Center at 205-620-6064.</p>	