



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

# NOVEMBER 2024

*All activities are open to seniors 55 & up*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	29 Chair Yoga 9:30 am Qigong/Tai Chi 10:30	30 Balance & Bones 9:15 am Balance & Bones 11:00 am <b>Quilting 12:15 pm</b>	31 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	1 Walking Club 10:00 am	2
3	4 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm <b>L &amp; L - Noon</b>	5 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 <b>SRC String Jam 11:00</b>	6 Balance & Bones 9:15 am Balance & Bones 11:00 am <b>Quilting 12:15 pm</b>	7 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	8 Walking Club 10:00 am	9
10	11 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	12 Chair Yoga - 9:30 am Qigong/Tai Chi 10:30	13 Balance & Bones 9:15 am Balance & Bones 11:00 am	14 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	15 No Walking Club <b>SRC Healthy Aging Fair 10:00 -1:00</b>	16
17	18 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	19 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 <b>SRC String Jam 11:00</b>	20 Balance & Bones 9:15 am Balance & Bones 11:00 am <b>Quilting 12:15 pm</b>	21 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	22 Walking Club 10:00 am	23
24	25 Chair Yoga - 9:30 am Group X - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm	26 Chair Yoga 9:30 am Qigong/Tai Chi 10:30	27 <b>SRC CLOSED</b>	28 <b>THANKSGIVING DAY</b> <b>SRC CLOSED</b>	29 <b>NO Walking Club</b>	30