


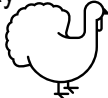



McGuire Senior Center Activity Calendar

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Podiatrist Visit 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	2
3	4 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise <i>(note new time)</i> <i>Center Closing at 1 PM: Election Setup</i>	5 <div style="text-align: center;"> CENTER CLOSED  Election Day </div>	6 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	7 10:00 Coffee Chit-Chat 11:00 Karaoke with Chris 12:00 Mah Jongg Practice Play <i>No Chair Pilates – Kim Away</i>	8 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	9
10	11 <div style="text-align: center;"> CENTER CLOSED Veterans Day   </div>	12 9:00 Crochet Club 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – Rain Man	13 10:00 Positivity Presentation 11:00 Chair Exercise 12:15 Strength Training with Steve <i>Golden Age Trip – Resorts Casino</i>	14 10:00 Coffee Chit-Chat 11:00 Managing Sciatica Presentation 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play	15 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO – with Visit from Achieve HomeCare	16
17	18 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise <i>(note new time)</i>	19 9:30 Trip to ShopRite 10:00 November Breakfast 11:00 Chair Yoga with Carolyn 11:30 Movie – What's Eating Gilbert Grape	20 9:30 Blood Pressure Check 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Pizza Bingo	21 10:00 Coffee Chit-Chat 11:00 Bruce Hammer Presents: Carol Burnett 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play	22 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	23
24	25 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise <i>(note new time)</i>	26 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – A Brilliant Young Mind	27 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve	28 <div style="text-align: center;"> CENTER CLOSED Thanksgiving Day  </div>	29 <div style="text-align: center;"> CENTER CLOSED Day after Thanksgiving  </div>	30