William B. Cashin Senior Activity Center November 2004 Events

Claire Dachowski, ESSJ 624-6536 --- Doris Tousignant, ESSJ 624-6535

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW NAME CENTER PROGRAMS "EAST & WEST NOW ONE "	1 8-11 Pool/Ping Pong Free Time 1-3 Nurse Is In 1-3 Ceramics *3-4 Beg. Yoga	2 ELECTION DAY HOLIDAY CENTER CLOSED 	3 9-2 Massage therapy *9-10 Strenth train. maint. *10-11 Aerobics ***1-3 Scrapbooking ***1-2 Comp. Greet. Cards	4 8-12 Pool/Ping Pong free time 10-12 Beg. line dancing ***1-4 PBT 1-3 TOC 1-4 Scrabble ***1-2 Quilting	5 *9-10 Str. Training Maint. *10-11 Aerobics *1-2 Str. Training Beginners ***1-3 Buy & Protect Comp. ***1-3 Ceramics	6
7	8 8-11 Pool/Ping Pong Free Time 1-3 Nurse Is In 1-3 Ceramics *3-4 Beg. Yoga	9 ***10-12 Quilting *** 1-4 Pocketbook Therapy 1-4 Pool/Ping Pong free time *3-4 Balance Balls	10 9-2 Massag therapy *9-10 Strenth train. maint. *10-11 Aerobics ***1-3 Scrapbooking ***1-2 Comp. Greet. Cards	11 VETERAN'S DAY HOLIDAY CENTER CLOSED 	12 *9-10 Str. Training Maint. *10-11 Aerobics *1-2 Str. Training Beginners ***1-3 Buy & Protect Comp. ***1-3 Ceramics	13
14	15 8-11 Pool/Ping Pong Free Time 1-3 Nurse Is In 1-3 Ceramics *3-4 Beg. Yoga	16 As stated plus 11-12 Exploring Options in Arthritis Mgmnt. 11-1 SNHs staff will answer ques. on fuel assist. *** 1-3 Drawing w/Kim	17 11-3 RIBBON CUTTING - GRAND OPENING NEW SR. CTR. ALL WELCOME	18 As stated plus 9-11 WHS Alumni ***10-12 Acrylic Painting w/ Kim	19 *9-10 Str. Training Maint. *10-11 Aerobics *1-2 Str. Training Beginners ***1-3 Buy & Protect Comp. ***1-3 Ceramics	20
21	22 As stated plus 10-11 Property Tax Exemptons pres. by Tax Assessors office ***10-3 Soup Day with entertainment	23 as stated plus 11-12 Zane Knoy "Aging for Dummies"	24 As stated plus 12-1 Homeland Security presentation	25 HOLIDAY CENTER CLOSED 	26 *9-10 Str. Training Maint. *10-11 Aerobics *1-2 Str. Training Beginners ***1-3 Buy & Protect Comp. ***1-3 Ceramics	27
28	29 as stated plus 10-11 VNA presents "How to get through the Holidays"	30 As stated plus Bingo with Special Birthday Celebration and prizes				

REGULAR DAILY ACTIVITIES

MON: 9:00 Crafts - 12:15 Bridge - 12:45 Mich. Rummy - 1:00 Reg. Whist
TUE: 9:30 Line Dancing - 1:00 Cribbage - 1:30 Bingo
WED: 9:00 Crafts - 1:00 Cribbage - 1:30 Bingo
THURS: 12:15 Bridge - 12:45 Bid Whist
FRI: 9:00 Crafts - 12:45 Bid Whist - 12:45 Mich. Rummy
***ON PROGRAM DENOTES A NEED TO REGISTER @ CENTER
* NEED TO REGISTER W/PRIME TIME