

WM. B. CASHIN SR. ACT. CTR. - NOVEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Transportation Day 8:30 YOGA 9:00 Crafts/Social Time 9:30 Duplicate Bridge 1:00 Bingo 1:00 Twist 2:00 BROWNIE SUNDAE SPECIAL 2:00 Business Meeting MHTS 3:00 City Empl. Educational Series 3:00 Healthy Cooking for 1	9:00 FLU SHOT CLINIC * 10:00 Beg. Line Dancers 10:00 Computer Class* 12:00 The Nurse is in -- BP's & Ques. 12:15 Bridge 12:30 TOC 12:45 Bid Whist 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Scrabble	9:00 Crafts/Social Time 12:45 Michigan Rummy 12:45 Bid Whist 1:00 Ceramics 2:30 1- STROKE PAINTING CLASS 3:30 Senior Fitness**
&&& ATTENTION SENIORS &&& BEACON CHRISTMAS TRIP MEET AT BEDFORD MALL NOVEMBER 27 @ 9:00 AM PLEASE CHECK AT CENTER TO SEE WHICH BUS YOU'RE ON.				
6	7	8	9	10
9:00 Crafts/Social Time 12:15 Bridge 12:45 Regular Whist 12:45 Michigan Rummy 1:00 Ceramics* 1:00 Twist 1:00 SURVIVING & THRIVING with Sr. Rose 3:30 Senior Fitness**	ELECTION DAY  FOR CANDIDATE OF YOUR CHOICE CENTER CLOSED ST. JOS. MEAL PRG. OPEN	8:00 Commission Meeting 8:30 Foot Clinic * 8:30 Yoga 9:00 Crafts/Social Time 9:30 Contract Bridge 1:00 Bingo 1:00 Twist 1:00 Beginner's Scrabble 2:00 Business Meeting MHTS 3:00 City Empl. Educational Series 3:00 Healthy Cooking for 1	10:00 Beg. Line Dancers 10:00 Computer Class* 12:15 Bridge 12:30 TOC 12:45 Bid Whist 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Scrabble	VETERANS DAY  SENIOR CENTER AND ST. JOS. MEAL PROGRAM CLOSED FOR HOLIDAY
13	14	15	16	17
9:00 Crafts/Social Time 12:15 Bridge 12:45 Regular Whist 12:45 Michigan Rummy 1:00 Twist 1:00 Ceramics* 1:30 Bus. Mtg. NH Assoc. for Blind 3:30 Senior Fitness**	9:30 Adv. Line Dancing 10:00 Computer Class* 1:00 Cribbage 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Bingo	Transportation Day 8:30 Yoga 9:00 Crafts/Social Time 9:30 Duplicate Bridge 1:00 Bingo 1:00 Twist 12:00 GRINDERS 2:00 Business Meeting MHTS 3:00 Prime Time Healthy Cking for 1**	9:00 West High Alumni Meeting 10:00 Beg. Line Dancers 10:00 Computer Class* 11:30 SJCS THKSGIVING SPEC.*** 12:00 The Nurse is in -- BP's & Ques. 12:15 Bridge 12:30 TOC 12:45 Bid Whist 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Scrabble 3:00 MRACOA	9:00 Crafts/Social Time 12:45 Michigan Rummy 12:45 Bid Whist 1:00 Ceramics 3:30 Senior Fitness**
20	21	22	23	24
9:00 Crafts/Social Time 12:15 Bridge 12:45 Regular Whist 12:45 Michigan Rummy 1:00 Ceramics* 1:00 Twist 1:00 SURVIVING & THRIVING with Sr. Rose 3:30 Senior Fitness**	9:30 Adv. Line Dancing 10:00 Computer Class* 1:00 Cribbage 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Bingo	8:30 YOGA** 8:30 Ear Wax Clinic * 8:30 Yoga 9:00 Crafts/Social Time 9:30 Duplicate Bridge 1:00 Bingo 1:00 BEGINNERS SCRABBLE 1:00 Twist 2:00 Business Meeting MHTS 3:00 Prime Time Healthy Cking for 1**	HAPPY THANKSGIVING! CENTER AND ST. JOE'S MEAL PRG. CLOSED	9:00 Crafts/Social Time 12:45 Michigan Rummy 12:45 Bid Whist 1:00 Ceramics 3:30 Senior Fitness**
27	28	29	30	
9:00 Crafts/Social Time 12:15 Bridge 12:45 Reg. Whist & Mich. Rummy 1:00 Ceramics * 1:00 Twist 1:30 Bus. Mtg. NH Assoc. for Blind 3:30 Senior Fitness**	9:30 Adv. Line Dancing 10:00 Computer Class* 1:00 Cribbage 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Bingo	8:30 Ear Wax Clinic * 8:30 YOGA 9:00 Crafts/Social Time 9:30 Duplicate Bridge 12:30 Forteo Training 1:30 Bingo 1:00 Twist 9:00 OR 1:00 CELL PHONE TRNING. 2:00 Business Meeting MHTS 3:00 Prime Time Healthy Cking for 1**	10:00 Beg. Line Dancers 10:00 Computer Class* 12:15 Bridge 12:30 TOC 12:45 Bid Whist 1:00 Computer Class* 1-4 PocketBook Therapy* 1:00 Scrabble	* SIGN UP REQUIRED ** REG. W/ PRIME @ 663-6333 ***ST. JOSEPH NUTRITION PRG. IRENE SANDERS 668-0254