


El Mirage Senior Center Activities – November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>El Mirage Senior Center 14010 N. El Mirage Rd. 623-876-4232</p> <p>Hours: 8:00am to 1:00pm</p>				<p style="text-align: right;">1</p> <p>8:00 Breakfast 8:30am Gardening 9:30 Bingo 10:30 Art with Freddy 11:00 Lunch 11:30 Puzzles with Beth</p>
<p>4</p> <p>8:00 Breakfast 8:30 Gardening with Gloria 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Art with Beth 12:00 Table Games</p> 	<p>5</p> <p>9:00am Depart to Casino Arizona, Return time 2:00pm, Senior Center Closed</p>	<p>6</p> <p>8:00 Breakfast 9:00 Support Group with Linda 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 Protecting Assets Presentation Omaha Bank</p>	<p>7</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Beading 11:30 Card Games</p>	<p>8</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:15 Puzzles with Beth 11:30 Exercise 12:00 Wii Bowling</p> 
<p>11</p> <p>Veterans Day Senior Center Closed</p> 	<p>12</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:00 Lunch 11:30 Table Games</p>	<p>13</p> <p>8:00 Breakfast 9:00 Support Group with Linda 9:00 Sewing Club 10:00 Committee Meeting 11:00 Lunch 11:30 Omaha Bank Presentation</p>	<p>14</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Paper Quilling Library Program 10:00 Line-Dancing</p>	<p>15</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Frank Sinatra Show sponsored by United Healthcare 10:00 St. Mary's Food Box 11:30 Bingo</p>
<p>18</p> <p>8:00 Breakfast 8:30 Gardening with Gloria 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Art with Beth 12:00 Commodities</p>	<p>19</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 11:00 Lunch 11:30 Mexican Restaurant Outing</p>	<p>20</p> <p>8:00 Breakfast 9:00 Support Group with Linda 10:00 Essential Oils 10:00 Two Mile Walk 10:30 Sewing Club</p>	<p>21</p> <p>8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 10:30 Healthy Heart Presentation in the small classroom</p>	<p>22</p> <p>8:00 Breakfast 9:00 Special Bingo 10:00 Billy Performer 11:00 Lunch (RSVP by 11/18/19)</p> <p style="text-align: center;">Thanksgiving Celebration</p>
<p>25</p> <p>8:00 Breakfast 8:30 Gardening with Gloria 9:00 Nutrition Class 10:00 Two Mile Walk 11:15 Police Department Presentation 12:00 Commodities</p>	<p>26</p> <p>8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Table Games</p>	<p>27</p> <p>8:00 Breakfast 9:00 Support Group with Linda 10:00 Exercise Videos 11:00 Lunch 11:30 Table Games</p>	<p>28</p> <p>Senior Center Closed Thanksgiving Day</p>	<p>29</p> <p>Senior Center Closed</p> 