

## Weekly Classes & Events

### MONDAYS

#### **BINGO • 9:30-11:30AM**

In the Exercise Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### **JEWELRY CLASS • 10AM-12PM**

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

#### **STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-1:45PM**

Let's improve our health with a low impact chair exercise. Cost: \$1.00

### TUESDAYS

#### **POTTERY CLASS • 10AM-12PM**

Are you ready to get back into the groove with pottery? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines now is the time to show off your talent! Cost: \$3.00

#### **MR. BROWN'S COMPUTER CLASS • 10-12PM**

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

#### **CHAIR MASSAGE • 10AM (NOV. 5 & 19)**

Please make sure you sign-up to get a massage with John Johnson. Cost: \$2.00

#### **SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM**

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

#### **THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM**

Make beautiful hand crafted items that you can take them home. Cost: \$2.00

#### **MOVIE TIME • 12:30-1:30PM**

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

### WEDNESDAYS

#### **BINGO • 9:30-11:30AM**

In the Exercise Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### **PAINTING CLASS • 10AM-12PM**

In the Art Room  
Join our painting class with Sheena Garcia. This class will allow you to express yourself through painting. Cost: \$2.00

#### **BIBLE STUDY • 9:30-10:30AM**

Join Jewelyn Williams for a non-denominational study of the Bible. Free

#### **FITNESS CLASS WITH NOEL • 10:30AM**

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

#### **EDUCATIONAL ANIMATION CLASS • 12:30-2:30PM**

Instructor Sheena Garcia will lead this hands-on media class creating educational animation videos for children. This course aims to empower seniors with new creative skills, enabling them to produce engaging educational content for young audiences. Cost: \$2.00

#### **TAI CHI WITH NOEL • 12:30-1:30PM**

Learn this popular form of gentle exercise and moving meditation. It is known for its slow, intentional movements, with benefits to mental and physical health. Cost: \$1.00

### THURSDAYS

#### **ARTS & CRAFTS CLASS • 10AM**

Create one of a kind beautiful art piece. Cost: \$2.00

#### **PHENOMENAL WOMEN • 10-11AM (NOV. 7 & 21 ONLY)**

Georgette King would LOVE to reconnect with you! If you're not connected, you're really missing out! Cost: Free

#### **MOVIE TIME • 10AM-12:30PM**

Sit and enjoy a movie with action, drama or suspense while munching down on some popcorn! No Fee.

#### **CREATE A STITCH WITH A TWIST ADVANCED CLASS • 12:30-2:30PM**

Join Deborah Garlington to take your sewing skills to the next level and learn new techniques you can apply to both home decor and garment projects. Cost: \$2.00

### Pinochle & Pitty-Pat Are Back!!!!

**Tuesdays, 11:30am-2:30pm**  
**Wednesdays, 10:00am-2:30pm**  
**Fridays-11:30am-2:30pm**

### FRIDAYS

#### **BINGO • 9:30-11:30AM**

In The Dining Room  
Can't wait to YELL BINGO! Come on in and let's have fun!!

#### **CROCHET/KNITTING • 10AM-12PM**

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

#### **LINE DANCING W/MARTINA BEGINNER & INTERMEDIATE • 10-11AM**

Love to dance? Whether you have never danced before or have line dance experience and are ready to challenge yourself to the next level, this is the class for you! Cost: \$1.00

#### **CREATE A STITCH WITH A TWIST BEGINNER CLASS • 12:30-2:30PM**

Join Deborah Garlington to learn the basics about sewing, to move on to creating your very own garment. Cost: \$2.00

#### **YOGA W/KAREN THOMPSON • 1-2PM**

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: \$1.00

### NOTABLE DAYS IN NOV.

#### **Native American Heritage Month**

- 3** Daylight Saving Time Ends
- 4** National Candy Day
- 6** National Stress Awareness Day
- 11** Veterans Day
- 19** National Play Monopoly Day
- 20** World COPD Day (Chronic Obstructive Pulmonary Disease)
- 21** Great American Smokeout
- 21** World pancreatic cancer day
- 25** Int'l Day for the Elimination of Violence Against Women
- 28** Thanksgiving Day
- 29** American Indian Heritage Day
- 29** Black Friday