





# West Side Senior Center November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>  <b>Morning Bingo</b>  <u>11:15 Meals on Wheels</u>  <b>12:30PM Table Talk</b></p>	<p><b>3 <u>**Soup &amp; Hoagie Sale**</u></b>  <b>Morning Bingo</b>  <u>10:30 AM Exercise Class</u>   <u>11:15am Blood Pressure</u>  <b>12:30PM Table Talk</b>  <b>6 PM Tai Chi</b></p>	<p><b>4</b>  <u>9:30 Craft Class</u>  <u>11:15 Medicare &amp; Prescription Assistance Program</u>  <u>12:30 Site Council Mtg.</u>  <u>12:45PM Fundraiser Bingo</u></p>	<p><b>5</b>  <b>Chair Exercises</b>  <b>9:45 Pokeeno</b>  <u>10:30 AM Exercise Class</u>  <u>10:45-12:45 LCCT</u>  <u>Wal-mart Trip</u>  <b>12:30PM Table Talk</b></p>	<p><b>6</b>  <b>Morning Bingo</b>  <u>10AM Oil Painting</u>  <u>November Birthday Party</u>  <b>12:30PM Table Talk</b></p>
<p><b>9</b>  <b>Morning Bingo</b>  <b>12:30PM Table Talk</b></p>	<p><b>10</b>  <b>Morning Bingo</b>  <b>**10:00 Mt. Airy Bus Trip**</b>  <u>10:30 AM Exercise Class</u>  <b>12:30PM Table Talk</b>  <b>6 PM Tai Chi</b></p>	<p style="text-align: center;"></p> <p><b>11</b> <u>Veterans Day</u>  <u>Morning Bingo</u>  <u>11:15 Amedisys Hospice Services</u>  <u>12:45 Fundraiser Bingo</u></p>	<p><b>12</b>  <b>Chair Exercises</b>  <b>9:45 Pokeeno</b>  <u>10:30 AM Exercise Class</u>  <b>12:30PM Table Talk</b></p>	<p><b>13</b>  <b>Morning Bingo</b>  <u>10AM Oil Painting</u>  <b>12:30PM Table Talk</b></p>
<p><b>16</b>  <u>**9:30-11:30 Morning Bingo Fundraiser**</u>  <b>12:30PM Table Talk</b></p>	<p><b>17</b>  <u>Morning Bingo</u>  <u>10:30 AM Exercise Class</u>  <b>12:30PM Table Talk</b>  <u>1-3pm Allied Balance/Fall Prevention Screening</u>  <b>6 PM Tai Chi</b></p>	<p><b>18</b>  <b>Morning Bingo</b>  <u>9:30 Growing Stronger</u>  <u>11:15 Advocacy Alliance "Holiday Blues"</u>  <u>12:45 Fundraiser Bingo</u></p>	<p><b>19</b>  <b>Chair Exercises</b>  <u>10:30 AM Exercise Class</u>  <u>10:45-12:45 LCCT Wal-mart Trip</u>  <u>12:30 Advocacy Alliance Holiday Bingo</u>  <u>12:30 Book Mobile</u></p>	<p><b>20</b>  <b>Morning Bingo</b>  <u>10AM Oil Painting</u>  <b>12:30PM Table Talk</b></p>
<p><b>23</b>  <b>Morning Bingo</b>   <u>10:30am Blood Pressure/Blood Sugar</u>  <b>12:30PM Table Talk</b></p>	<p><b>24</b>  <u>10:30 AM Exercise Class</u>  <b>12:30PM Table Talk</b>  <b>6 PM Tai Chi</b></p>	<p><b>25</b>  <b>Morning Bingo</b>  <u>12:45 Fundraiser Bingo</u></p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;">  <b>* Happy Thanksgiving!!!</b></p>	<p><b>27</b>  <u><b>Senior Center Closed!</b></u></p>
<p><b>30</b>  <u>**9:30-11:30 Morning Bingo Fundraiser**</u>  <b>12:30PM Table Talk</b></p>			<p style="text-align: center;"><b>**Computer Classes mornings by appointment**</b></p>	<p style="text-align: center;"><b>**Wii Games Daily</b></p>