

# November 2022 Program Calendar

Programs shown were scheduled at the time of printing and subject to change. **In-Person classes are noted in black. Virtual Classes are noted in green. Special programs/events are noted in Gold.** You must make an appointment where indicated on the calendar and register for lunches as well as virtual classes and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Wednesday</b> <b>NOV. 9 &amp; 16</b> <b>12:30-2:00pm</b> <b>CASH FOR GOLD</b> Bring in your gold jewelry and see what they are worth and get paid for them.	<b>1</b> <b>9:00-10:20</b> Haircuts (by appointment only) <b>9:15</b> Walking with Weights (\$3) <b>9:30</b> Group Trivia <b>10:00</b> Stamp Club <b>11:00</b> Food and Health Lecture <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Zumba (\$3)	<b>2</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$4) <b>9:30</b> Coloring for Calmness <b>10:30</b> Cooking Demo with Teri Wassel <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Member Council <b>1:00-3:30pm</b> Medicare Q&A with Ed Savitsky <b>1:30pm</b> Stretch & Tone (\$3) <b>2:00pm</b> Bingo with AseraCare	<b>3</b> <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>10:00</b> Free Blood Pressure Screenings <b>12:00-1:00pm</b> Lunch <b>12:30pm</b> Help Yourself to Healthy Living: Maximize Bladder Control <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>4</b> <b>10:00</b> Wii Bowling / Sorry <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Movie Matinee
<b>7</b> <b>9:15</b> Tai Chi (\$4) <b>10:30</b> Lock Picking & Security Awareness <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$3) <b>1:45pm</b> Bingo for Bucks	<b>8</b> <b>POLLING SITE</b> Lower Salford District 4 <b>9:15</b> Walking with Weights (\$3) <b>9:30</b> Group Trivia <b>10:30</b> Storytime with Josephine <b>NO LUNCH OR AFTERNOON CLASSES</b>	<b>9</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$4) <b>9:30</b> Coloring for Calmness <b>10:30</b> Tech Tutoring with Ed (by appointment only) <b>12:00-1:00pm</b> Lunch <b>12:30-2:00pm</b> Cash for Gold <b>1:30pm</b> Stretch & Tone (\$3)	<b>10</b> <b>8:00</b> Breakfast Club: American Star Diner in North Wales <b>9:00</b> Wood Carving <b>9:30</b> Stitch & Chat <b>11:00</b> Meditation with Lea <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>11</b> <b>10:00</b> Wii Bowling / Sorry <b>10:00am-12:00pm</b> Ask The Expert About Medicare with UnitedHealthcare <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Movie Matinee <b>2:30pm</b> Happy Hour
<b>14</b> <b>9:15</b> Tai Chi (\$4) <b>10:30</b> Lock Picking & Security Awareness <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$3) <b>1:45pm</b> Bingo for Bucks	<b>15</b> <b>9:00-10:20</b> Haircuts (by appointment only) <b>9:15</b> Walking with Weights (\$3) <b>9:30</b> Group Trivia <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Zumba (\$3)	<b>16</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$4) <b>9:30</b> Coloring for Calmness <b>12:00-1:00pm</b> Lunch <b>12:30-2:00pm</b> Cash for Gold <b>1:30pm</b> Stretch & Tone (\$3)	<b>17</b> <b>9:00</b> Wood Carving <b>9:30</b> Legal Consultations (by appointment) <b>9:30</b> Stitch & Chat <b>12:00-1:30pm</b> Special Lunch with Entertainment by John Conklin <b>1:00pm</b> Bridge <b>1:30pm</b> Tone & Balance (\$3)	<b>18</b> <b>10:00</b> Wii Bowling / Sorry <b>12:00-1:00pm</b> Lunch <b>1:00pm</b> Movie Matinee
<b>21</b> <b>9:15</b> Tai Chi (\$4) <b>10:30</b> Lock Picking & Security Awareness <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$3) <b>1:45pm</b> Bingo for Bucks	<b>22</b> <b>9:30</b> Group Trivia <b>11:00</b> Meditation with Lea <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Zumba (\$3)	<b>23</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$4) <b>9:30</b> Coloring for Calmness <b>10:30</b> Tech Tutoring with Ed (by appointment only) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Stretch & Tone (\$3)	<b>24</b> <b>CLOSED</b> <b>Holiday</b> 	<b>25</b> <b>CLOSED</b> <b>Holiday</b>
<b>28</b> <b>9:15</b> Tai Chi (\$4) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Art Class (\$3) <b>1:45pm</b> Bingo for Bucks	<b>29</b> <b>9:30</b> Group Trivia <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Zumba (\$3)	<b>30</b> <b>8:00</b> Chess <b>9:15</b> Tai Chi (\$4) <b>9:30</b> Coloring for Calmness <b>10:00</b> Create Your Own Elf with Jodi (\$3) <b>12:00-1:00pm</b> Lunch <b>1:30pm</b> Stretch & Tone (\$3)	<b>Monday</b> <b>NOV. 7, 14 &amp; 21</b> <b>10:30 am</b> <b>Lock Picking &amp; Security Awareness</b> 	 <b>Wednesday</b> <b>NOVEMBER 30</b> <b>10:00 am</b> <b>Create Your Own Elf</b>