

November 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAPPY BIRTHDAY!

Teresa Allen 11-12

Kathy Williams 11-13

Kay Dickerson 11-25

Jean Flynn 11-26

Ralph English 11-27

9:00-1:00 Gym on your own. 1

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 4

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing

10am-11am Tai Chi w/ Ms. Whitmire

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 5

09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness

10:00 Tonya Bolton/MedLink

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 6

09:30-10:15 Coffee &
Socializing

**1000: Walking Our Way to the
Holidays w/Ms. Suzie**

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. 7

09:30-10:15 Coffee & Socializing

**10:00-11:00 Veteran Celebration
& Devotion (Optional) with Mr.
McDuffie**

11:30-12:15 Lunch

12:30-1:30 Cards/Games/Wii/
Puzzles/Fitness



9:00-1:00 Gym on your own. 8

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards



CENTER IS CLOSED

8:00-3:00 Gym on your own. 12

09:30-10:15 Coffee & Socializing

**10:30-11:30 Banks Co. Interact
Club**



11:30-12:15 Lunch

12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 13

09:30-10:15 Coffee &
Socializing

**1000: Walking Our Way to the
Holidays w/Ms. Suzie**

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. 14

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Devotion
(Optional) with Mr. McDuffie**

EMS Health Screenings

11:30-12:15 Lunch

12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 15

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. **18**

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing

10am-11am Tai Chi w/ Ms. Whitmire

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. **19**

09:30-10:15 Coffee &
Socializing

10:30-11:30 **Exercise w/Dr.
Brooke**

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. **20**

09:30-10:15 Coffee &
Socializing

**1000: Walking Our Way to the
Holidays w/Ms. Suzie**

11:30-12:00 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. **21**

09:30-10:15 Coffee &
Socializing

**10:00-11:00 Devotion
(Optional) with Mr. McDuffie**

11:15-

Out To Eat for Lunch

9:00-1:00 Gym on your own. **22**

FRIEND-DAY FRIDAY

Drive-In

09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. **25**

FUNDAY MONDAY

09:30-11:15 Coffee & Socializing

10am-11am Tai Chi w/ Ms. Whitmire

11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. **26**

09:30-10:15 Coffee & Socializing

**10:00-11:00 Gail Jones Gospel
Singing**



11:30-12:15 Lunch

12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

8:00-3:00 Gym on your own. **27**

09:30-10:15 Coffee & Socializing

10:30-11:30 Cards/Puzzles/Games

**11:30-12:15 Thanksgiving
Celebration**



12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness

28

CENTER IS CLOSED



29

CENTER IS CLOSED