

**Every SUNDAY**      **Every MONDAY**      **Every TUESDAY**      **Every WEDNESDAY**      **Every THURSDAY**      **Every FRIDAY**      **Every SATURDAY**

1:00 Mah Jongg  
 1:30 Sunday Movie  
 2:00 Scrabble

8:45 **Tai Chi** \$  
 9:00 Hiking  
 9:00 Current Affairs  
 9:45 **Primetime Fitness** \$  
 9:50 *Aerobic Dance* \$  
 10:00 Writing for Healing & Growth \$  
     Sew & Sews  
     Getting Better at Bridge  
 10:30 Chair Yoga  
 11:00 **Parkinson's Yoga** \$  
 12:30 Chess Club  
 1:15 **Ageless Grace** \$  
 1:15 *Water Workout* \$  
 1:30 Mah-Jongg [Chinese]  
 2:30 Member Social  
 4:00 *Member Social Dinner* \$  
 6:45 **Pickleball** \$

9:00 Full Life Fitness  
     Mani/Pedicures \$, *Bowling* \$  
 9:30 **Primetime Fitness** \$  
 10:00 **Ceramics** \$  
     **Medicare Consulting** (by appt.)  
 10:15 *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 Second-Wind Band \$ *(Will not meet in Dec)*  
 12:00 Men's Poker, Beginner's Bridge  
 1:00 Tuesday Social Bridge  
 2:00 **Ballroom Dance** \$ (beg)  
     (Ladies free the 1st Tuesday!)  
     **Pickleball** \$  
 3:00 **Ballroom Dance** \$ (adv)  
     (Ladies free the 1st Tuesday!)  
 6:00 Singles' Schmooze \$

8:00 Hiking  
 8:45 **Tai Chi** \$  
 9:30 **BeMoved** \$ *(Will not meet Dec 27)*,  
     Crafty Ladies, Dominoes,  
     **Seated Massage** \$  
 9:45 **Primetime Fitness** \$  
 10:00 *Bowling* \$  
 10:45 **First-Wind Band** *(Will not meet in Dec)*  
 11:30 Canasta  
 12:00 **TOPS**, Poker, **Pickleball** \$  
 1:00 Scrabble, Mah-Jongg  
 1:15 *Water Workout* \$  
 1:30 **Ageless Grace** \$  
 3:00 Knit-Wits  
 4:00 **Square Dancing Lessons**  
 6:30 **International Folk Dancing,**  
     **Line Dance** (beg)  
     *(6:30 classes will not meet Dec 20 or 27)*  
 7:30 **Tai Chi** \$, **Line Dance** (adv)  
     *(7:30 class will not meet Dec 20 or 27)*

9:00 Party Bridge,  
     *Ivy Creek Walking Group*  
 9:30 **Primetime Fitness** \$  
     *Retreads* (thru Nov.)  
 10:15 *Aerobic Dance* \$  
 10:00 **AA**, Recorder Lessons (Inter.)  
 10:15 *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 **Parkinson's Yoga** \$  
 11:00 **AA**, Recorder Lessons (Beg.)  
 11:15 Craft DIY  
 12:30 Duplicate Bridge  
 1:00 Albemarle Carvers,  
     Apple/Mac Users Group,  
     Financial Counseling (by appt.),  
 3:15 Chair Yoga  
 4:30 **Medicare Consulting** (by appt.)  
 5:00 **Pickleball** \$

8:45 **Tai Chi** \$  
 9:00 Full Life Fitness, Mah-Jongg  
 9:30 Friday Art Group  
 10:00 **PrimeTime Fitness** \$  
     *Northside Walking Group*  
 9:50 *Aerobic Dance* \$  
 10:30 **Bingo**  
 10:45 Flashbacks \$ *(Only meets on Dec 1)*  
 11:00 *Water Workout* \$  
 12:00 Writing for Pleasure  
 1:00 Still Sharp Singers \$ \*  
     **Fun Time Line Dancing** (beg) \*  
 2:15 **Pickleball** \$  
 2:30 Barbershop Belles & Beaux \*  
     **Line Dancing** (adv) \*  
 3:00 **Bereavement Support Group**  
  
 \* Will not meet Dec 22 or 29

1:00 *Pickleball* \$



November ➤

**KEY:** Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change.  
 Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.

3 3:00 <b>Holiday Band Concert</b>	4 1:00 <b>Senior Council</b> 1:00 <b>Dollars and Sense</b> 2:00 Bunko	5 10:00 <b>Blood Pressure Screenings</b> 11:00 <b>Hearing Screening</b> 12:00 <b>Try It Out Tuesday</b> 2:00 <b>A Taste of Spanish</b>	6 9:30 Kingfishers Fishing Club 11:00 Book Group 12:00 Backyard Birding 101 2:00 Caring for Your Wellbeing 5:00 Travel Buddies	7 10:45 <b>Parkinson's Caregivers Support</b> 1:00 Ladies' Poker 3:00 Socrates Cafe 4:00 <b>Duplicate Bridge Forum</b> 7:00 <b>Round Dancing Lessons</b> \$ (beg.) 8:00 <b>Round Dancing Lessons</b> \$ (int.)	8 10:00 <b>Religion, Science, &amp; Spirituality</b>	9
10	11 1:00 <b>All Things Digital</b> 1:00 <b>Piedmont Pastelists</b>	12 9:00 <b>Good Life Design</b> 10:00 <b>Money &amp; You with Jorgen Vik</b> 10:30 <b>Long-Term Care Q&amp;A</b> <i>(by appt. only)</i> 2:00 <b>A Taste of Spanish</b> 3:00 <b>Keeping Up Your Spanish</b>	13 11:30 <b>Holiday Monthly Luncheon</b> 12:30 <b>Still Sharp Singers Holiday Concert</b> 2:30 <b>Senior Statesmen of Virginia</b> 3:00 Ping Pong	14 10:00 Investment Visions 2:00 Le Cercle Français 4:00 <b>Essential Tremor Support Grp</b> 7:00 <b>Round Dancing Lessons</b> \$ (beg.) 8:00 <b>Round Dancing Lessons</b> \$ (int.)	15 10:00 Investors' Forum	16
17	18 2:00 Bunko	19 10:00 <b>What's In Your Attic</b> 2:00 <b>A Taste of Spanish</b> 3:00 <b>Keeping Up Your Spanish</b>  Close at 4:30pm	20 10:00 <b>Hearing Health</b> 1-4 <b>Legal Consultation</b> <i>(by appt. only)</i> 2:00 <b>Cville Time Bank Orientation</b>  Close at 4:30pm	21 1:00 Ladies' Poker 3:00 Socrates Cafe  Close at 4:30pm	22	23
24 Closed	25 Closed	26 Closed	27 1:30 <b>Windows Workshop</b> 3:00 Ping Pong  Close at 4:30pm	28 10:00 Investment Visions 2:00 Le Cercle Français  Close at 4:30pm	29	30
31 Closed	1 Closed					

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 9:45 **Primetime Fitness** \$  
 9:50 *Aerobic Dance* \$  
 10:00 Writing for Healing & Growth \$  
 Sew & Sews  
 Getting Better at Bridge  
 10:30 Chair Yoga  
 11:00 **Parkinson's Yoga** \$  
 12:30 Chess Club  
 1:15 **Ageless Grace** \$  
 1:15 *Water Workout* \$  
 1:30 Mah-Jongg [Chinese]  
 2:30 Member Social  
 4:00 *Member Social Dinner* \$  
 6:45 **Pickleball** \$

9:00 Full Life Fitness  
 Mani/Pedicures \$, *Bowling* \$  
 9:30 **Primetime Fitness** \$  
 10:00 **Ceramics** \$  
**Medicare Consulting** (by appt.)  
 10:15 *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 Second-Wind Band \$  
 12:00 Men's Poker, Beginner's Bridge  
*(Will not meet Nov 7)*  
 1:00 Tuesday Social Bridge  
*(Will not meet Nov 7)*  
 2:00 **Ballroom Dance** \$ (beg)  
 (Ladies free the 1st Tuesday!)  
**Pickleball** \$  
 3:00 **Ballroom Dance** \$ (adv)  
 (Ladies free the 1st Tuesday!)  
 6:00 Singles' Schmooze \$

8:00 Hiking  
 8:45 **Tai Chi** \$  
 9:30 **BeMoved** \$  
 9:30 Crafty Ladies, Dominoes,  
**Seated Massage** \$  
 9:45 **Primetime Fitness** \$  
 10:00 *Bowling* \$  
 10:45 **First-Wind Band**  
 11:30 Canasta  
 12:00 **TOPS**, Poker, **Pickleball** \$  
 1:00 Scrabble, Mah-Jongg  
 1:15 *Water Workout* \$  
 1:30 **Ageless Grace** \$  
 3:00 Knit-Wits  
 4:00 **Square Dancing Lessons**  
**International Folk Dancing,**  
**Line Dance** (beg)  
*(6:30 classes will not meet Nov 22)*  
 7:30 **Tai Chi** \$, **Line Dance** (adv)  
*(7:30 class will not meet Nov 22)*

9:00 Party Bridge,  
*Ivy Creek Walking Group*  
 9:30 **Primetime Fitness** \$  
 10:00 **AA**, Recorder Lessons (Inter.)  
 10:15 *Aerobic Dance* \$, *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 **Parkinson's Yoga** \$  
 11:00 Recorder Lessons (Beg.)  
 11:15 Craft DIY  
 12:30 Duplicate Bridge  
 1:00 Albemarle Carvers,  
 Apple/Mac Users Group,  
 Financial Counseling (by appt.),  
 3:15 Chair Yoga  
 4:30 **Medicare Consulting** (by appt.)  
 5:00 **Pickleball** \$

8:45 **Tai Chi** \$ \*  
 9:00 Full Life Fitness \*, Mah-Jongg  
 9:30 Friday Art Group  
 9:50 *Aerobic Dance* \$  
 10:00 **PrimeTime Fitness** \$ \*  
*Northside Walking Group*  
 10:30 **Bingo** \*  
 10:45 Flashbacks \$  
 11:00 *Water Workout* \$  
 12:00 Writing for Pleasure  
 1:00 Still Sharp Singers \$  
*(Singing off-site Nov 3)*  
**Fun Time Line Dancing** (beg)  
*(Will not meet Nov 3 & 10)*  
 2:15 **Pickleball** \$  
 2:30 Barbershop Belles & Beaux  
**Line Dancing** (adv)  
*(Will not meet Nov 3 & 10)*  
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$

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5  
 2:00 **Intergenerational Craft Workshop**

12  
 1:15 **Central Virginia Dowers**

19

26

6  
 1:00 Senior Council  
 2:00 Bunko  
 2:30 Golf Meeting

13  
 1:00 **Piedmont Pastelists**  
 1:00 **All Things Digital**

20  
 12:30 **AARP Smart Driver Course**

27

7  
 9:30 **Town Hall**  
 10:00 **Blood Pressure Screenings**  
 11:00 **Hearing Screenings**  
 12:00 **Try It Out Tuesday**  
 1:00 **Fiber Art Making Class**  
 1:00 **Matter of Balance** \$ (Cont.)  
 2:00 **A Taste of Spanish**  
 3:00 **Keeping Up Your Spanish**

14  
 9:00 **Good Life Design**  
 10:00 **Money & You with Jorgen Vik**  
**Long-Term Care Q&A**  
*(by appt. only)*  
 1:00 **Matter of Balance** \$ (Cont.)  
 1:30 **Art Gallery Talk**

21  
 10:00 **What's In Your Attic**  
 12:30 **AARP Smart Driver Course**  
 2:00 **A Taste of Spanish**

28  
 2:00 **A Taste of Spanish**  
 3:00 **Keeping Up Your Spanish**

1  
 9:30 Kingfishers Fishing  
 10:00 Dollars and Sense  
 11:00 Book Club

8  
 12:00 Backyard Birding 101  
 1:30 **Senior Statesmen of Virginia**

15  
 10:00 **Hearing Health**  
 11:30 **Monthly Luncheon** \$  
 2:00 **Cville Time Bank Orientation**  
**Democracy Cafe**

22  
 1-4 Legal Consultation (call for appt)  
 1:30 Windows Workshop  
 3:00 Ping Pong  
**Close at 4:30pm**

29

2  
 10:45 **Parkinson's Caregiver Support**  
 1:00 Ladies' Poker  
 1:00 **Matter of Balance** \$ (Cont.)  
 3:00 Socrates Cafe  
 4:00 **Duplicate Bridge Forum**  
 7:00 **Round Dancing Lessons** \$ (beg.)  
 8:00 **Round Dancing Lessons** \$ (int.)

9  
 10:00 Investment Visions  
 1:00 **Matter of Balance** \$ (Cont.)  
 2:00 Le Cercle Français  
 4:00 **Essential Tremor Support Grp**  
 7:00 **Round Dancing Lessons** \$ (beg.)  
 8:00 **Round Dancing Lessons** \$ (int.)

16  
 1:00 Ladies' Poker  
 1:00 **Matter of Balance** \$ (Cont.)  
 3:00 Socrates Cafe

23  
 12:00 **Community Thanksgiving Potluck**  
**Closed Regular Hours**

30  
 5:30 **New Member Wine & Cheese**  
 7:00 **Round Dancing Lessons** (beg.)  
 8:00 **Round Dancing Lessons** (int.)

3  
 10:00 Investors' Forum  
 5:00 **Yard Sale**

10  
 10:00 **Religion, Science, & Spirituality**

17  
 10:00 Investors' Forum

24  
**Closed for Thanksgiving**

4  
 8:00am-1:00pm **Yard Sale**

11  
 10:00 **Just Rewards**

18

25