

Daily Drop-In Activities

Mondays

Senior Workout	9:00 a.m.
Bridge	9:00 a.m.
Walking Group	9:00 a.m.
Senior-cize	11 a.m.-12 noon
Art: Judy Priest	10:00 a.m.
Spanish Class Time	10:00-11:30 a.m.
Knitting & Crocheting	10:30 a.m.
Gentle Yoga & Chair Exercise	12:30-1:30 p.m.
Yoga	2:00-3:45 p.m.

Tuesdays

Crafts	10:00 a.m.
SHIBA Health Ins. Advice	10:00 a.m.-12 noon
Dominoes/Mexican Train	1:00 p.m.
Ping Pong	1:00-3:00 p.m.
Middle Eastern Dancers	7:00-9:00 p.m.
2nd & 4th Tues.-Potluck	11:30 a.m.
2nd & 4th Tues.-BUNCO	1:00 p.m.

Wednesdays

Senior Workout	9:00 a.m.
Glee Club	10:00 a.m.
Senior-cize	11 a.m.-12 noon
Bridge	1:00 p.m.
1st & 3rd Weds. -Poetry	1:00 p.m.-2:30 p.m.

Thursdays

Open Sew	9:00 a.m.-3:00 p.m.
Hula Dancing	10:00-11:00 a.m.
P A N	10:00-12 noon
Bingo	12:30 p.m.
Scrabble	1:00 p.m.
Stretch Yoga	1:00-2:30 p.m.
Stretch Yoga	3:00-4:45 p.m.
Karate	6:30-8:00 p.m.

Fridays

Senior Workout	9:00 a.m.
Senior-cize	11 a. m.-12 noon
Pinochle	12:30 p.m.
Sing-a-Long at Facilities	2:30 p.m.
Bingo	6:00 p.m.

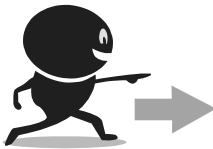


Saturdays

Hula Dancing	10:00 a.m.
2nd & 4th Sats.-Bridge	6:30 p.m.

For further information about any activity, call the Senior Center office at 683-6806.

NOVEMBER 2009

Seminars, Special Events, Activity Changes, New Classes, and Reminders

Mon	Tue	Wed	Thu	Fri
2 Daily Drop-In Activities 9 am Bridge	3 Daily Drop-In Activities	4 Daily Drop-In Activities 10 am—Diabetes Support Group 1 pm Bridge	5 Daily Drop-In Activities 	6 No Daily Drop-in Activities Fall Arts & Crafts Show Friday & Saturday Nov 6th & 7th 9am to 4pm
9 Daily Drop-In Activities 9 am Bridge	10 Daily Drop-In Activities 11:30 am—POTLUCK 1 pm—BUNCO	11 OFFICE CLOSED VETERANS' DAY 	12 Daily Drop-In Activities Board Meeting	13 Daily Drop-In Activities
16 Daily Drop-In Activities Newsletter Deadline 9 am Bridge	17 Daily Drop-In Activities	Daily Drop-In Activities 1 pm Bridge	19 Daily Drop-In Activities	20 Daily Drop-In Activities DEADLINE FOR THANKSGIVING DINNER TICKETS
23 Daily Drop-In Activities 9 am Bridge	24 Thanksgiving Dinner 2 Seatings: 11:30am & 2:00pm	25 Daily Drop-In Activities 1 pm Bridge	26  OFFICE CLOSED	27
30 Daily Drop-In Activities 9 am Bridge	COMING EVENTS: December 5th, 2pm The Peninsula Men's Gospel Singers. FREE! December 18, Christmas Dinner		Church Services At the Sequim Senior Activity Center United Church of God 3rd Saturday, James MacConnell 460-1314 St. Anselm's Anglican Catholic Church 1st & 3rd Sundays 10:00 am, Dance Hall, 452-3802.	



SENIOR SINGERS

Monthly Schedule

- 1st Friday Nov 6
Suncrest Village
- 2nd Friday Nov 13
Olympic Medical Care & Rehab
- 3rd Friday Nov 20
Sherwood
- 4th Friday Nov 27
The Vintage

A BIG Thank You for Your Support!

- » KNOP 1450AM
- » KSQM 91.5FM
- » WAVE Broadband Channel 3

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