



MIDDLETOWN  
SENIOR CENTER

# November 2021

## Middletown Senior Center Daily Activities

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>10:00 Zumba Gold 10:00 Learn Mahjong 10:30 Knitting 12:30 Move 2 the Groove/Chair Cardio</p>	<p>2</p> <p><b>CENTER CLOSED</b> <b>ELECTION DAY</b></p>	<p>3</p> <p>10:00 Gentle Strength 11:00 Mixed Media Art 1:00 Scattergories with Sue</p>	<p>4</p> <p>10:00 Yoga in Gymnasium  10:30 Knitting</p>	<p>5</p> <p>10:00 Tip Toe Tap 12:00 Bowling at Hazlet Bolero 12:00 - 3:00 Rumikub</p>
<p>8</p> <p>10:00 Zumba Gold 10:00 Learn Mahjong 10:30 Knitting 12:30 Move 2 the Groove/Chair Cardio 1:15 Price is Right Game*</p>	<p>9</p> <p>10:15 Brain &amp; Body Class 11:00 Learn to Play Pinochle with Ed 12:30 Yoga 1:15 Sequence with Joan</p>	<p>10</p> <p>10:00 Gentle Strength  11:00 Mixed Media Art  11:00 Veteran's Services Recognition Ceremony and Bingo*</p>	<p>11</p> <p><b>CENTER CLOSED</b> <b>VETERANS DAY</b></p>	<p>12</p> <p>10:00 Tip Toe Tap  12:00 Bowling at Hazlet Bolero  12:00 - 3:00 Rumikub</p>
<p>15</p> <p>10:00 Zumba Gold 10:30 Knitting 11:00—1:00 Medicare Appointments 12:30 Move 2 the Groove/Chair Cardio</p>	<p>16</p> <p>10:00 South Jersey Legal Services by Appointment 10:15 Brain &amp; Body Class 12:30 Yoga 1:15 Fall Mason Jar Craft /Chelsea Living</p>	<p>17</p> <p>10:00 Gentle Strength  11:00—1:00 Art Show &amp; Demonstration*</p>	<p>18</p> <p>10:00 Yoga in Gymnasium 10:30 Knitting 12:00—2:00 "Friendsgiving" Luncheon &amp; TFE Entertainment* Sign-up Required</p>	<p>19</p> <p>10:00 Tip Toe Tap 12:00 Bowling at Hazlet Bolero 12:00 - 3:00 Rumikub 1:30—3:30 Paint &amp; Sip Art Class * 15 maximum</p>
<p>22</p> <p>10:00 Zumba 10:30 Knitting 12:30 Move 2 Groove/Chair Cardio 1:15 Charades</p>	<p>23</p> <p>9:30—12 VNA Nurse Visit 10:15 Brain &amp; Body Class 12:30 Yoga</p>	<p>24</p> <p>10:00 Gentle Strength 11:00 Mixed Media Art 1:00 Bingo &amp; Refreshments sponsored by Laurel Bay</p>	<p>25</p> <p><b>CENTER CLOSED</b>  <b>HAPPY THANKSGIVING</b></p>	<p>26</p> <p><b>CENTER CLOSED</b></p>
<p>29</p> <p>10:00 Zumba 10:30 Knitting 12:30 Move 2 Groove/Chair Cardio</p>	<p>30</p> <p>10:15 Brain &amp; Body Class  12:30 Yoga</p>	<p><b>The Senior Center is OPEN Monday—Friday 9:00—4:00</b></p>	<p><b>EVENTS ARE SUBJECT TO CHANGE. Please make sure we have your email.</b>  <b>*Sign-up required for events / speakers*</b></p>	