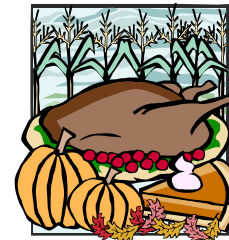


NOVEMBER 2008

REGULAR WEEKLY ACTIVITIES



TAI CHI IN THE PARK at 8:30 a.m. Mondays & Thursdays is a gentle body and mind practice promoting health, strength, mobility, balance, and relaxation. Join anytime.

SEATED TAP DANCE CLASS on Mondays at 10:00 a.m. with Darcy LaPointe is a delightful way to get your exercise. Always open to new people. \$2 per class requested.

GROCERY BINGO happens every Monday at 1 p.m. \$2 for 4 cards. Please contribute a grocery item or two or a "special." Coffee & cake break is only 25 cents.

MOVIE TIME presents 3 films this month that reflect Osher Institute's lecture themes of "Compassion in the Med/Tech World." Check the calendar for titles.

KNIT-WITS get together on Wednesdays at 10:00. Come help us knit a quilt for the Cancer Center.

MYSTERY BOOK GROUP meets twice a month to investigate books by Vermont mystery authors. New readers are always welcome to join.

CRIBBAGE CLUB plays on Wednesdays from 1-3 p.m. in the St. J House library.

"PLAYER FRIENDLY" BRIDGE on Wednesdays at 12:30 offers excellent instruction for beginners, good brain exercise for everyone. Tea time refreshments. \$1.00 contribution.

NOW & THEN DISCUSSION GROUP meets Thursdays at 10:30 a.m. for lively and informative conversation of current and past events. All opinions welcome!

Sign up for **LIVING STRONG** strength training exercise with Diane Montague at 751-8646.



SPECIAL EVENTS



BOWLING! Join our team that meets once a month at Gold Crown Lanes. This month we play on Wednesday, Nov. 19th at 1:00. \$9 for 3 games + shoe rental. Call to sign up.

A FIBER ARTS EXPO will be held at the Senior Center on December 9th from 1:30-3:30. Call the office if you would like to exhibit your handiwork, host a workshop, or be a vendor.

METAL COFFEE CANS WANTED!—On December 4th at 12:30 we'll be decorating coffee cans and turning them into cookie cans for our Victorian Holiday Cookie Walk. Please help by bringing in your coffee cans, joining the craft activity, or buying some cookies on Saturday, Dec. 13th.

OSHER LIFELONG LEARNING INSTITUTE continues to meet at the Senior Center on Thursday afternoons this month with its thought provoking series "Compassion in the Med/Tech World." Pick up a brochure at the center or call 748-2600 for more information.

[Unless otherwise noted, all activities & events are free and open to all 50 and older. The center is accessible to people with disabilities.]