

GOOD LIVING SENIOR CENTER

1207 Main Street

NOVEMBER 2008

748-8470

Mon

Tue


Wed

Thu

Fri

3
8:30 Tai Chi
10:00 Seated TAP dance
1:00 Grocery BINGO



4 ELECTION DAY!

9:30 Living Strong
12:45 MOVIE TIME:
"THE DOCTOR" (drama)

5
10:00 KNIT-WITS
12:30 Bridge
1:00 Cribbage



6 8:30 Tai Chi
9:30 Mystery Book Trip
10:30 "Now & Then" Group
1:30 OSHER INSTITUTE:
"Compassionate
Technology"



7
9:30 Living Strong

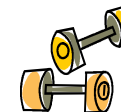
10
8:30 Tai Chi + Social
1:00 Grocery BINGO
1:00 Tai Chi Leader
Training



11 VETERANS' DAY!
9:30 Living Strong
10-12 Reiki appointments
12:45 MOVIE TIME:
"SOUND & FURY"
(documentary)

12
10:00 KNIT-WITS
12:30 Bridge
1:00 Cribbage

13
8:30 Tai Chi
10:30 "Now & Then" Group
1:30 OSHER INSTITUTE:
"Technology as Music"



14
9:30 Living Strong

17
8:30 Tai Chi
10:00 Seated TAP dance

1:00 Grocery BINGO

18 8:30 WSTJ 1340AM
Senior Center Radio Show
10-12 Reiki appointments
9:30 Living Strong
12:45 MOVIE TIME:
"WIT" (drama)

19
10:00 KNIT-WITS
10:00 Mystery Book Group
1:00 Cribbage
1:00 BOWLING



20
8:30 Tai Chi
10:30 "Now & Then" Group
1:30 OSHER INSTITUTE:
"Mind-Body Connection"

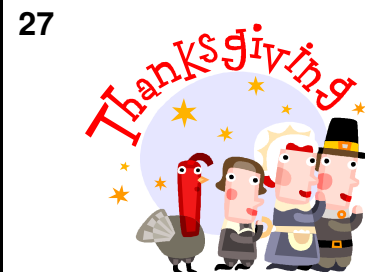
21
9:30 Living Strong

24
8:30 Tai Chi
10:00 Seated TAP dance
1:00 Grocery BINGO

25
9:30 Living Strong
11:00 SING-ALONG
with John Blessingame
1:30 MEMOIR WRITING
Group with Reeve



26
10:00 KNIT-WITS
12:30 Bridge
1:00 Cribbage



Center Closed

28
9:30 Living Strong