

NOVEMBER 2023 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30-10:30 Aerobics , Social Hall 10:45-11:45 Ukulele , Rm 2201	2 9:30-11:00 Tai Chi , Social Hall 11:30-12:30 - Spring Into Health- Rm 2200	3 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art , Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults RM 2210 (Casual Gym Group Meetup 10:30) 5:00-9:00 – Nostalgia night at New Groove
6 9:30-10:30 Aerobics , Social Hall 10:30-11:30 Center Singers , Rm 2207 11:30-12:30 Crochet for a Cause RM 2210	7 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III (Casual Gym Group Meetup 10:30)	8 9:30-10:30 Aerobics , Social Hall 10:45-11:45 Ukulele , Rm 2201 12:00 BOARD MTG Rm 2208	9 9:30-11:00 Tai Chi , Social Hall	10 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-12:30 Young at Art , Arthur Ctr. 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Coloring for Adults RM 2210 (Casual Gym Group Meetup 10:30)
13 9:30-10:30 Aerobics , Social Hall 10:30-11:30 Center Singers , Rm 2207 11:30-12:30 Crochet for a Cause RM 2210 11:45-12:45 Book Club , “Giver of Stars” by JoJo Moyes - Library	14 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III (Casual Gym Group Meetup 10:30)	15 9:30-10:30 Aerobics , Social Hall 10:45-11:45 Ukulele , Rm 2201	16 9:30-11:00 Tai Chi , Social Hall	17 Turkey and Tinsel Holiday Celebration 10:30-12:00 Social Hall
20 9:30-10:30 Aerobics , Social Hall 10:30-11:30 Center Singers , Rm 2207 11:30-12:30 Crochet for a Cause RM 2210	21 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III 11:30-12:30 Yoga , Activity Room F111 (Casual Gym Group Meetup 10:30)	22 Thanksgiving Holiday Center is Closed	23 Thanksgiving Holiday Center is Closed	24 Thanksgiving Holiday Center is Closed
27 9:30-10:30 Aerobics , Social Hall 10:30-11:30 Center Singers , Rm 2207 11:30-12:30 Crochet for a Cause RM 2210 - Canceled	28 <u>LINE DANCE IN SOCIAL HALL</u> 9:30-10:15 Line Dance I 10:15-11:00 Line Dance II 11:00-11:45 Line Dance III (Casual Gym Group Meetup 10:30)	29 9:30-10:30 Aerobics , Social Hall 10:45-11:45 Ukulele , Rm 2201	30 9:30-11:00 Tai Chi , Social Hall	Shepherd's Center Hours: Monday – Friday 9am until 2 pm For Immediate Assistance Or Emergency PLEASE CALL Amy Vernon Executive Director 864-978-2315 Lynn Cogdill Admin Assistant 864-415-5027