

Weekly Classes & Events

MONDAYS

JEWELRY CLASS • 10AM-12PM

Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$3.00

BINGO • 10-11AM

Can't wait to YELL BINGO! Come on in and let's have fun!!

IN-CENTER (In The Exercise Room)

STRETCH & SHAKE EXERCISE CLASS WITH JANET FORD • 12:45-2PM

Let's improve our health with a low impact chair exercise. Cost: \$1.00

TUESDAYS

POTTERY CLASS • 10AM-12PM IN-CENTER ONLY

Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make pe-made objects and figurines now is the time to show off your talent! Cost: \$3.00

MR. BROWN'S COMPUTER CLASS 10-11AM

Learn new things on your computer, tablet or cellphone. Cost: \$2.00

CHAIR MASSAGE • 10AM IN-CENTER ONLY

Please make sure you sign-up to get a massage w/ John Johnson. Cost: \$2.00

SOUL LINE DANCING WITH GLORIA KINGCADE • 11AM-12PM IN-CENTER ONLY

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest line dance hits. Cost: \$1.00

THE NEW MAKE IT & TAKE IT CLASS • 12:30-2:30PM

Make beautiful hand crafted items that you can take home. Cost: \$2.00

"IT'S A MIND THANG"

Let's stimulate our brains with something different! Word Search, Crosswords Puzzles, Easy Word Finds, Word Scramble, Brain Games and Number Search. It's inside the Newsletter!

Pinochle & Pitty-Pat Are Back!!!!

**Tuesdays, 11:30am-2:30pm
Wednesdays, 10:00am-2:30pm
Fridays-11:30am-2:30pm**

WEDNESDAYS

PAINTING CLASS • 10AM-12PM IN-CENTER ONLY: Art Room

Join our painting class with Sheena Garcia, this class will allow you to express yourself through painting. Cost: \$2.00

BIBLE STUDY • 10-10:45AM IN-CENTER ONLY

Join Jewelyn Williams for a non-denominational study of the Bible. Free

FITNESS CLASS • 10:30AM

Receive a total workout standing and sitting with use of light hand-held exercise equipment such as weights & fitness balls. Cost: \$1.00

PAPER MACHE CLASS • 12:30-2:30PM

Learn this artform with Sheena Garcia. Cost: \$2.00

IN-CENTER ONLY: Art Room

THURSDAYS

ART& CRAFTS CLASS • 10AM IN-CENTER ONLY

Create one of a kind beautiful art piece. Cost: \$2.00

PHENOMENAL WOMEN • 10-11AM

Georgette King would LOVE to reconnect with you! If you're not connected you're really missing out! Free.

IN-CENTER ONLY

CELL PHONE CLASS • 1:30-2:30PM

Having difficulty sending a text message? What about finding your email? If you answered yes to these questions, then join Danielle Suarez (In-Center Counselor) and find out what your cell phone can do for you. Cost: Free

FRIDAYS

BINGO • 10-11AM

Can't wait to YELL BINGO! Come on in and let's have fun!!

IN-CENTER (In The Dining Room)

BIBLE STUDY • 10-11AM

Join Minister Calvin Myers for this non-denominational study group. Free.

CALL IN ONLY#: 1-701-802-5063

Password: 849 577

CROCHET CLASS • 10AM-12PM IN-CENTER ONLY

Class led by Elizabeth. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00

LINE DANCING W/GLORIA • 10-11AM IN-CENTER ONLY

Love to dance? Show off by learning the latest line dance steps as you move and groove to the latest dance hits. Cost: \$1.00

YOGA W/KAREN THOMPSON • 1-2PM

This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair. Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

IN-CENTER ONLY

CELL PHONE CLASS • 1:30-2:30PM

Having difficulty sending a text message? What about finding your email? If you answered yes to these questions, then join Danielle Suarez (In-Center Counselor) and find out what your cell phone can do for you. Cost: Free

Notable Days in November

- 7** Infant Protection Day
- 10** World Science Day
- 12** World Pneumonia Day
- 13** World Kindness Day
- 20** Africa Industrialization Day
- 23** Thanksgiving Day
(4th Thursday of Nov)