

Waynesboro Senior Center (717) 762-2758
NOVEMBER 2024

Activity Classes are **RED**
 Exercise classes are **BLUE**
 Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15AM PINOCHLE 1:00PM Chair Yoga
4 Games w/Mary 11:00am	5 ELECTION DAY WEAR RED/WHITE/BLUE GROUP STUDY 10:30AM RED bingo 1PM	6 YMCA PROGRAMS 11AM 1PM STRONGER SENIORS	7 KEYSTONE HEALTH "DIABETES" 10:30AM 1pm Pottery	8 9:15AM PINOCHLE 1:00PM Chair Yoga
11 VETERANS DAY CLOSED	12 GROUP STUDY 10:30AM BREAKFAST BINGO 1PM	13 JUNK JOURNAL CLASS 10:30am 1PM STRONGER SENIORS	14 Painting class 9:30am Anything goes BINGO 1PM	15 9:15AM PINOCHLE 1:00PM Chair Yoga
18 Games w/Mary 11:00am	19 GROUP STUDY 10:30AM CLEANING bingo 1PM	20 Martha Swope 11:30am – Insomnia 1PM STRONGER SENIORS	21 THANKSGIVING MEAL Blood pressures 10-12 Anything goes BINGO 1PM	22 HOOKS AND NEEDLES – crochet 10:00am 9:15AM PINOCHLE 1:00PM Chair Yoga BIRTHDAYS
25 Games w/Mary 11:00am	26 GROUP STUDY 10:30AM THANKSGIVING bingo 1PM CLOSING 2PM	27 1PM STRONGER SENIORS CLOSING 2PM	28 THANKSGIVING DAY CLOSED	29 CLOSED