

McKinleyville Senior Center

November 2018 Activities

Every Monday:

8:30 - 9:30 Tai Chi
9 - 12 Computers (call for availability)
10:30 am Walking Group at Hiller Park
1 - 4 pm Party Bridge
1 - 4 pm Cribbage *(New)*

Last Mon. Nov 26th 11-12 noon — Low Vision Workshop

Every Tuesday:

9 - 11 am TOPS
9:30 -10:30 SAIL (formerly OsteoX)
10:30 -12:00 Memoir Writing *(New)*
10:40 -11:40 Stretching
12:30 - 3:30 BINGO
1:30 - 2:30 Exercise

Every Wednesday:

8:30 - 9:30 Tai Chi
9 - 12 noon Computers (call for availability)
10 -12 noon Needlework
10:30 Walking Group at Hiller Park
1 - 4pm Pinochle

1st Wed. Nov 7 — 10 - 11am - Genealogy

3rd Wed. Nov 21 — 10:30 -11:30 Executive Board Meeting

4th Wed. Nov 28 — 12 -1pm - \$5 Monthly Luncheon: Lasagna, Green Salad,
Bread & Dessert

Every Thursday:

9:30 -10:30 SAIL (formerly OsteoX)
10:30 - 12 Pinochle Lessons
10:40 -11:40 Stretching
12:30 - 3:30 BINGO

Oct. 25 — 11-11:30 \$3 Mini-Lunch: Korean: Spaghetti with Potstickers

Nov. 1 — 11-11:30 \$3 Mini-Lunch: German: Cabbage Rolls & Green Salad

Nov. 8 — 11-11:30 \$3 Mini-Lunch: Italian: Ravioli & Sautéed Veggies

Nov. 15 — 11-11:30 \$3 Mini-Lunch: Mexican: Chicken Enchilada, Refried
(Nov. 22 - mystery mini-lunch) Beans & Cheese

Nov. 29 — 11-11:30 \$3 Mini-Lunch: Russian: Borscht

4th Thu: Nov. 29th - 10:30-12:00 — Full Board Meeting (Open Meeting)

Every Friday:

8:30 - 9:30 Tai Chi
10:30 Walking Group at Hiller Park
1 - 4pm Pinochle

SENIOR CENTER

OPEN HOURS:

9 am - 4 pm
Monday through Friday

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