



November 2017



JCC FUNDRAISER FOR ALL AGES

LuLaRoe (sizes 2T-5xl), Tipsy Wine Glass (wine tasting), and gourmet lattes in the Senior Center 11/9 4PM-7PM come and go as you please. All proceeds go to the Senior Programming.

1
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
LifeStream Lunch 11
Craft Club 1-2
Woodcarving 6:00 pm

2
THURSDAY
SilverSneakers Classic 10:00
Pickleball 9:00-12:00
Card Club 1:00-3:30
Senior Spin 4:30
Yin Yoga 2:00
LifeStream Lunch 11
Movie showing of Natural Remedies for grey Hair 11-11:30am

3
FRIDAY
Senior Fit Mix 8:30
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

6
MONDAY
Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11

7
TUESDAY
SilverSneakers Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
Senior Spin 4:00
Quilting Seminar 2-3pm
LifeStream Lunch 11

8
WEDNESDAY
Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11
Woodcarving 6:00 pm

9
THURSDAY
SilverSneakers Classic 10:00
Pickleball 9:00-12:00
Senior Spin 4:30
Yin Yoga 2:00
LifeStream Lunch 11
FUNDRAISER 4-7PM
(Open to public)

10
FRIDAY
Senior Fit Mix 8:30
Cardio Class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm
Movie Night 6pm
Showing "Lion"

November 13th-30th 

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MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:30
Visual Impairment
Group 1-2pm

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
Senior Spin 4:00
LifeStream Lunch 11:30

15

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Pickleball/PingPong 9-12
LifeStream Lunch 11:30
Craft Club 1-2
Woodcarving 6:00 pm

16

THURSDAY

SilverSneakers
Classic 10:00
State of the Heart Hos-
pice Speaker 11am
Pickleball 9:00-12:00
Card Club 1:00-3:30
Senior Spin 4:30
Yin Yoga 2:00
LifeStream Lunch 11:30

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FRIDAY

Senior Fit Mix 8:30
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

20

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:30

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TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
Senior Spin 4:00
LifeStream-NO LUNCH
THANKS GIVING
CARRY-IN 11:00PM

22

WEDNESDAY

Boot Camp 8:30am
Sarah's Class 10:00
Ping Pong 9-12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:00
Woodcarving 6:00 pm

23

THURSDAY

CLOSED
HAPPY
THANKSGIVING

24

FRIDAY

CLOSED
BLACK
FRIDAY

27

MONDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:30

28

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00
Senior Spin 4:00
LifeStream Lunch 11:30

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WEDNESDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
LifeStream Lunch 11:30

30

THURSDAY

Strength & Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9-12 pm
Senior Spin 4:00
LifeStream Lunch 11:30

Join Gloria Green for
Water Aerobics at the
Jay County High School.
All of the equipment is
provided. Classes are \$2
per person each class.

