

# NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>3</b> 9:30am French Class 10am Helping Hands 10am Ballroom Dance	<b>4</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /Name that Old Hollywood Actor 12:30pm Mah Jongg	<b>5</b> 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>6</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Mad Hatter Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>9</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>10</b> 9:30am French Class 10am Helping Hands 10am Ballroom Dance	<b>11</b> 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold & Fitness 11:30 am 60+ Café/Name that Tune 12:30pm Mah Jongg	<b>12</b> 8:45am Day Trip/Huntsville 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>13</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Nat'l Train Your Brain Day 12:30pm Cribbage 12:30pm Mah Jongg
<b>16</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 10:30am Crochet Class 11:30am 60+ Café/Lunch & Learn 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>17</b> 9:30am French Class 10am Helping Hands 10am Ballroom Dance	<b>18</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold & Fitness 11:30am 60+ Café /National Chocolate Cupcake Day 12:30pm Mah Jongg	<b>19</b> 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 11am AARP Safe Driving Class 1 pm Advanced Line Dancing	<b>20</b> 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/60+ Café Bake Off 12:30pm Cribbage 12:30pm Mah Jongg
<b>23</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café/Bingo Extravaganza 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>24</b> 8:45am Day Trip/HMNS 9:30am French Class 10am Helping Hands 10am Ballroom Dance	<b>25</b> 9am CWJF Halloween Brunch 11:30am 60+ Café/WORM 12:30pm Mah Jongg	<b>26</b> 9:30am Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch Day 1 pm Advanced Line Dancing	<b>27</b> 9:30am Exercise Class 10am Bingo 10:30 am Computer Class 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café 12:30pm Cribbage 12:30pm Mah Jongg
<b>30</b> 9:30am Exercise Class 10 am Bingo 10:30am Literature, Etc. 11:30am 60+ Café/Costume Party with Guest Musician 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>31</b> 9:30am French Class 10am Helping Hands 10am Ballroom Dance  <b>HAPPY "HOWL-O-WEEN"</b> 			



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