

# NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Book Club 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>2</b> 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	<b>3</b> 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café 12:30pm Mah Jongg	<b>4</b> <b>Houston Methodist Day of Caring</b> 9:00am Senior Social Hour 10am Bingo 10am Beach Ball Volleyball 11am Beginners Yoga 12pm Lunch 1 pm Line Dancing	<b>5</b> 9am Medicare Information 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Price is Right 12:30pm Cribbage 12:30pm Mah Jongg
<b>8</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Christmas Party Idea Swap Day 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>9</b> 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	<b>10</b> 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Nat'l Handbag Day 12:30pm Mah Jongg	<b>11</b> 8:45am Day Trip 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>12</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Name that Tune 12:30pm Cribbage 12:30pm Mah Jongg
<b>15</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>16</b> 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing 11am Lunch Bunch	<b>17</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café 12:30pm Mah Jongg	<b>18</b> 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	<b>19</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café /Birthday Cele. 12:30pm Cribbage 12:30pm Mah Jongg
<b>22</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Bingo Extravaganza 12 pm Duplicate Bridge 12:30 pm Dominoes	<b>23</b> 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	<b>24</b> 9am CWJF Brunch 11:30 am 60+ Café/Lunch & Learn 12:30pm Mah Jongg	<b>25</b> 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 12pm Movie/Lunch 1 pm Advanced Line Dancing	<b>26</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Book Club Discussion 12:30pm Cribbage 12:30pm Mah Jongg
<b>29</b> 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Halloween Costume Party and Music 12pm Duplicate Bridge 12:30 pm Dominoes	<b>30</b> 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	<b>31</b> 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café 12:30pm Mah Jongg		



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