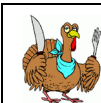


NAM 50+ Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	2 National Jersey Day 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Lunch & Learn 12:30pm Cribbage 12:30pm Mah Jongg
5 National Donut Day 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 10:30am Crochet Class 11:30am 60+ Café/Lunch & Learn 12 pm Duplicate Bridge 12:30 pm Dominoes	6 Election Day 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	7 9 am Intermediate Line Dancing 10 am Bingo 10:15am Zumba Gold/Fitness 11:30 am 60+ Café/Family Feud 12:30pm Mah Jongg	8 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing	9 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café/Lunch & Learn 12:30pm Cribbage 12:30pm Mah Jongg
12 Veterans Day Observed <div style="text-align: center;"> 50+ Closed  </div>	13 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing 11am Lunch Bunch	14 9 am Intermediate Line Dancing 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café/Lunch & Learn and National Pickle Day 12:30pm Mah Jongg	15 9:30am Beginners Spanish Class 9:45am Ballet Class 11am AARP Safe Driving Class 1 pm Advanced Line Dancing	16 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
19 9:30am Chronic Disease Mgmt. 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Thanksgiving Celebration 12 pm Duplicate Bridge 12:30 pm Dominoes	20 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing	21 NAM CLOSED	22 Thanksgiving Day <div style="text-align: center;"> NAM CLOSED  </div>	23 NAM CLOSED
26 9:30am Chronic Disease Mgmt. 9:30am Exercise Class 10 am Bingo 10 am Literature Etc. 10:30am Wii Bowling 11:30am 60+ Café/Bingo Extrav. 12pm Duplicate Bridge 12:30 pm Dominoes	27 9:30am Beginners French Class 10am Helping Hands 10am Ballroom Dancing 12pm Movie/Lunch	28 9 am Intermediate Line Dancing 9:30am Medicare Information 10am Bingo 10:15am Zumba Gold/Fitness 11:30am 60+ Café 12:30pm Mah Jongg	29 9:30am Beginners Spanish Class 9:45am Ballet Class 10am Helping Hands II 11am Beginners Yoga 1 pm Advanced Line Dancing 4:15pm Day Trip	30 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:45am Tap Dancing 11:30am 60+ Café 12:30pm Cribbage 12:30pm Mah Jongg



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