

Haysville Senior Center– November 2022 Activities

MON	TUE	WED	THUR	FRI	SAT
	1 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	2 10:00am– Billiards 1:00pm- \$2 BINGO	3 10:00am- STEPS 10:35am– WellREP 11:00am- Cards	4 10:30am-Drumming 1:00pm– Tia Chi	5
7 10:00am– Chair Yoga 1:00pm– Planning Committee Meeting 1:00pm– Dominoes	8 9:45am– Blood Pressure checks 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train	9 8:30am– Donuts, Coffee & Conversation 9:00am– Billiards 1:00pm– Home Health 101	10 10:00am- STEPS 10:35am– WellREP 11:00am Cards 1:00pm– Bunco	11 Haysville Senior Center & Haysville Hustle Closed No Meals Served	12
14 10:00am– Chair Yoga 1:00pm– Dominoes 1:00pm– AARP Safe Drivers Class 2:00pm– Billiards	15 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi 2:00pm– Computer Class	16 Game Room Closed 1:00pm– Commodities	17 10:00am- STEPS 10:35am– WellREP 11:00am Cards 12:30pm– Crafting Club 1:00pm– \$2 BINGO	18 10:30am-Drumming 1:00pm– Tia Chi	19
21 10:00am- Chair Yoga 11:30am– Lunch Outing 1:00pm– Dominoes 2:00pm– Billiards	22 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	23 8:30am– Donuts, Coffee & Conversation 9:00am– Billiards	24 Haysville Senior Center & Haysville Hustle Closed No Meals Served	25 Haysville Senior Center & Haysville Hustle Closed No Meals Served	26
28 10:00am– Chair Yoga 1:00pm– Dominoes	29 10:00am- STEPS 11:00am- Cards 1:00pm- Mexican Train 1:00 pm– Tia Chi	30 9:30am– Eating To Decrease Complication of Diabetes Classroom	*Drumming Seniors is an upbeat exercise class! A video & music are used to beat the drum together.	*Tia Chi consist of a series of slow, fluid, gentle movements. Breathing is slow, relaxed and deep in aid concertation, improves quality of life & fall prevention.	*STEPS is an exercise class that emphasizes stretching and flexibility.