

Ipswich Senior Center

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Ipswich COA Holiday Party- Thursday, December 5th</i></p> <p><i>Buy Tickets at the Senior Center</i></p>	<p>Lunch Bunch Saturday, Nov. 9th</p> 	<p><i>holiday</i> Craft Fair</p> <p>Saturday, November 16th 9:00 am - 2:00 pm</p>	<p><i>Featuring hand-made crafts from 25 vendors, delicious Greek pastries, beautiful artwork from our senior painter and snacks to sustain you!</i></p>	<p>1 9:00 Enhance Fitness 9:30 Watercolor Class (2 of 6) 9:30 SHINE Coordinator 10:00 Podiatry 10:30 Blood Pressure 11:00 Swim Program 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg</p>
<p>4 <i>Did you change your clocks yesterday?</i></p> <p>9:00 Enhance Fitness 10:30 Ping Pong ~ Line Dancing 1:00 Rummikube ~ Canasta 1:00 Memory Cafe 1:30 Gentle Bend Exercise 3:30 Pickleball</p>	<p>5 Sign ups start at 10 am</p> <p>9:00 Aerobics ~ Chess 9:00 Reiki ~ Writing Group (3 of 6) 10:30 Tai Chi—at 43 Market St. 1:00 Cribbage ~ Mah Jongg ~ Knitting 1:00 Beginning Drawing (8 of 8) 1:30 French Class (5 of 8)</p>	<p>6 Town Shredding Day 8:30 Breakfast & Bingo 9:00 Enhance Fitness 9:00 Computer Class 9:30 Scrabble ~ Sewing ~ Pre School 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge 12:45 Paint Day w/ Bill Duke ~ 2:00 TRIAD</p>	<p>7 Day Trip to Foxwoods 9:00 Aerobics & Chess 9:00 Computer Class 10:00 Dominoes 10:00 Low Vision Group 10:30 Seated yoga ~ Tai Chi 1:00 Canasta ~ Adv. Drawing (8 of 8) 1:30 Painting Class (2 of 8) 4:00 Basketball</p>	<p>8 9:00 Enhance Fitness 9:30 SHINE Coordinator 9:30 Watercolor class (3 of 6) 10:30 Blood Pressure 11:00 Swim Program 12:00 Van Trip 12:30 Bridge ~ 1:00 Mah Jongg</p>
<p>11</p> 	<p>12 9:00 Polarity 9:00 Aerobics ~ Chess 9:30 King of the Road Trip 10:30 Tai Chi—at 43 Market St. 1:00 Cribbage ~ Mah Jongg ~ Knitting 1:30 French Class (6 of 8)</p>	<p>13 9:00 Enhance Fitness 9:30 Scrabble 10:00 Caroline Ave. Wellness Clinic 10:30 Ping Pong 11:00 Swim Program 12:00 Henry's Turkey Lunch 12:45 Driscoll Dummies 12:30 Bridge</p>	<p>14 9:00 Aerobics & Chess 10:00 Dominoes 10:30 Seated Yoga ~ Tai Chi 1:00 Canasta 1:30 Painting Class (3 of 8) 2:30 Doyon Pen Pal Program 4:00 Basketball</p>	<p>15 9:00 Enhance Fitness 9:30 Watercolor Class (4 of 6) 10:00 Mobile Market 10:30 Blood Pressure 11:00 Swim Program 11:30 Reiki 12:00 Van Trip 12:30 Bridge ~ 1:00 Mah Jongg 2:00 Silent Movie Show at Novitiate</p>
<p>18 9:00 Enhance Fitness 9:30 Writing Group (4 of 6) 10:30 Ping Pong ~ Line Dancing 1:00 Rummikube ~ Canasta 1:00 Shine Coord. 1:30 Gentle Bend ~ 3:30 Pickleball 4:30 50+ Job Seekers Network</p>	<p>19 9:00 Aerobics /Chess 9:30 Men's Corner Trip 10:30 Tai Chi—at 43 Market St. 11:00 Are You at Risk For A Fall? 1:00 Cribbage / Mah Jongg 1:00 Knitting 1:30 French Class (7 of 8)</p>	<p>20 8:30 Breakfast & Bingo 9:00 Enhance Fitness 9:00 Computer Class 9:30 Scrabble ~ Sewing Group 10:30 Ping Pong 11:00 Swim Program 12:30 Bridge 1:00 Common Sense Self Defense</p>	<p>21 9:00 Aerobics & Chess 9:00 Computer Class 10:00 Dominoes / 10:30 Seated Yoga ~ Tai Chi 11:00 Legislative Aide 12:00 SeniorCare Lunch 12:45 US Censes Presentation 1:00 Canasta 1:30 Painting Class (4 of 8) 4:00 Basketball</p>	<p>22 9:00 Enhance Fitness 9:30 SHINE Coordinator 9:30 Watercolor Class (5 of 6) 10:30 Blood Pressure 11:00 Swim Program 12:00 Van Trip 12:30 Bridge 1:00 Mah Jongg</p>
<p>25 9:00 Enhance Fitness 9:30 Writing Group (5 of 6) 10:30 Ping Pong ~ Line Dancing 12:30 Attorney Time 1:00 Rummikube ~ Canasta 1:30 Gentle Bend 3:30 Pickleball 4:30 50+ Job Seekers Network</p>	<p>26 9:00 Polarity 9:00 Aerobics ~ Chess 10:30 Tai Chi at 43 Market St. 12:00 Traveling Chef 1:00 Cribbage/ Mah Jongg 1:00 Knitting 1:30 French Class (8 of 8)</p>	<p>27 9:00 Enhance Fitness 9:30 Scrabble 10:00 Book Group 10:30 Ping Pong 11:00 Swim Program</p> <p>Senior Center closes at Noon</p>		<p>29</p> 