The East Wing
GLENVIEW SENIOR CENTER

NOVEMBER WEEKLY AGENDA

*PLEASE SEE BACK FOR SPECIAL EVENTS & MONTLY PROGRAMS

$ ADDITIONAL FEE REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Rhythm & Balance $	9:00 Craft Room	9:00 Chair Yoga $	9:00 Craft Room	9:00 Chair Yoga/ Sit & Be Fit $
9:30 Cribbage	9:00 Social Worker	10:00 Cardio Balance $	9:30 Zumba Gold $	10:00 Fit & Fabulous $
10:00 Bingo	9:30 Mah Jongg Lessons $	10:30 Women's Talking Points	9:30 Canasta Lesson $	10:30 Men Round Table
10:00 Movement Matters $	9:30 Floor Yoga $	11:30 Open Canasta, Mah Jongg and Bridge	10:00 Drop in Canasta	10:30 Scrabble
11:00 Open Mah Jongg	10:30 Total Body Fit $		10:00 Starlight Singers Chorus $	
11:30 Tai Chi Beginner $	11:30 Guided Meditation $		10:30 Core Strength $	
12:30 Tai Chi Intermediate $	11:45 Dup Bridge		12:00 Open Bridge and Mah Jongg	
11:30 Open Canasta	12:00 Dr Bridge, Pinochle		12:00 Rummikub	
1:00 Wood Carving	12:30 Mex Dominos & Mah Jongg		12:15 Regular Canasta	
1:00 Art Appreciation	1:00 Knit & Crochet			

Drop-In: Regular groups that come to play
Open: Space is available. You bring your own group
Lessons: A scheduled class to learn how to play

Flip for Special Events & Trips

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- ☐ Wed-November 4: Women's Book Club (1st Wednesday of the Month)
- ☐ Wed-November 4: Montclair 1st Wine Tasting French Wine
- ☐ Fri-November 6: Ringling Brothers Barnum & Bailey Circus $
- ☐ Mon-November 9: A Salute to Veterans Celebration
- ☐ Wed-November 11: Drury Lane- Annie $
- ☐ Th-November 12: Starlite Singers Holiday Concert in Lakeview Room
- ☐ Fri-November 13: Tiny & Timeless- Ornaments
- ☐ Fri-November 13: Chicago's Sweet Bakeries Remembered Presentation
- ☐ Wed-November 18: Podiatrist (3rd Wednesday of the Month)
- ☐ Wed-November 18: Holiday Candy Cane Bazaar 9am-6pm
- ☐ Wed-November 19: Holiday Candy Cane Bazaar 9am-3pm
- ☐ Fri- November 20: Exercising With Osteoporosis Presentation
- ☐ Mon- November 23: Advisory Board Meeting (4th Monday of the Month)
- ☐ Mon-November 23: Men's Book Club (4th Monday of the Month)
- ☐ Thurs-November 26: Closed - Happy Thanksgiving!
- ☐ Fri-November 27: Closed