



NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
3 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	4 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 1:00 Canasta 1:00 Come Play Backgammon 1:00 French Club	5 CLOSED FOR PROGRAMMING FASHION SHOW	6 9:00 Cardio and Dance ◇ 10:00 Tai Chi ◇ 10:00 Octets Bridge 11:30 Men's Lunch Bunch @ Sebago Brewing 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	7 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate)
10 9:30 Spunky Spades Bridge 10:00 Medicare 101 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	11 CLOSED FOR PROGRAMMING VETERANS DAY	12 9:00 Strength & Balance with Serina ◇ 10:00 Walking Group 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	13 10:00 Tai Chi ◇ 10:00 Octets Bridge 11:00 Wise Women Wondering 12:00 World Travels with Dewey 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	14 9:00 Open House 9:00 Daily Sweat Presentation 9:30 Freeport Shopping Trip & Lunch ◇ 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate)
17 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	18 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 12:00 SMAA Community Cafe 1:00 Canasta 1:00 Come Play Backgammon 1:00 French Club	19 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 4:00 Creative Soul Mosaic Ornament ◇	20 9:00 Keep it Legal 10:00 Tai Chi ◇ 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Collette Travel Presentation -Greece and Ireland 2:00 Widow and Widower Social Group 2:00 Ukelele Group	21 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 10:00 Case Study Class with Bob Boudreau 1:00 Cribbage (intermediate) 2:00 Parkinson's Support



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24 9:30 Spunky Spades Bridge 10:00 Men's Coffee and Conversation 11:00 Caregiver Support Group 12:00 Fun with Flowers ♦ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	25 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ♦ 10:00 Gentle Vinyasa Yoga with Leslie ♦ 12:00 Bridget's Lunch Bunch @ Fisherman's Catch 1:00 Canasta 1:00 Come Play Backgammon	26 9:00 Strength & Balance with Serina ♦ 10:00 Craft Group 10:00 Crochet Lessons ♦ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	27 CLOSED FOR PROGRAMMING THANKSGIVING	29 CLOSED FOR PROGRAMMING THANKSGIVING

Special Weekend Outing
Sunday, November 23 1:30pm-8:30pm Gardens Aglow ♦

KEY

Highlighted Program = New & Noteworthy

♦ = Program Fee

Bold Program = Off-Site Program or Fundraiser