



(207)967-8514

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
				1 9:00 Open House 9:30-10:30 Line Dancing ♦ 10:00 Knitting Group 11:00 Crochet Lessons 1:00 Cribbage (intermediate)
4 9:00 Holiday Bow Making (volunteers needed) 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	5 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ♦ 11:00 Hearing Life 12:00 Tech Class – MyActiveCenter Workshop 1:00 Canasta 1:30 Mandala Workshop	6 9:00 Bridge Group 9:00 Strength & Balance with Serina ♦ 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	7 9:30 Jazzercise Demo 10:00 Octets Bridge 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Intro to Bridge Intermediate ♦ 2:00 Ukelele Group	8 9:00 Open House 9:30-10:30 Line Dancing ♦ 10:00 Knitting Group 11:00 Crochet Lessons 11:00 Elder Elves Meeting 1:00 Cribbage (intermediate)
11 CENTER CLOSED Veterans Day	12 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ♦ 11:30 Join my Journey with Avita of Wells 12:00 Tech Class – iPhone pt. 2 1:00 French Club 1:00 Canasta	13 9:00 Bridge Group 9:00 Strength & Balance with Serina ♦ 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	14 10:00 Octets Bridge 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Intro to Bridge Intermediate ♦ 2:00 Ukelele Group	15 9:00 Open House 9:30-10:30 Line Dancing ♦ 10:00 Knitting Group 11:00 Crochet Lessons 1:00 Cribbage (intermediate) 2:00 Parkinsons Support Group



(207)967-8514

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
18 9:00 Holiday Bow Making (volunteers needed) 9:30 Keep it Legal 9:30 Spunky Spades Bridge 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	19 CENTER CLOSED OPEN HOUSE & RIBBON CUTTING 2:00-5:00pm	20 9:00 Bridge Group 9:00 Strength & Balance with Serina ♦ 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	21 10:00 Octets Bridge 11:00 Social Club 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 Intro to Bridge Intermediate♦ 2:00 Ukelele Group 2:00 Collette Tours Presentation "Discover British Landscapes"	22 9:00 Open House 9:30-10:30 Line Dancing ♦ 10:00 Knitting Group 11:00 Card Making Workshop 11:00 Crochet Lessons 12:00 Bridget's Lunch Bunch - Bitter End ♦ 1:00 Cribbage (intermediate)
25 9:30 Spunky Spades Bridge 10:00 Thanksgiving Flower Arranging♦ 11:00 Caregiver Support Group 11:30 Monthly Luncheon Mike's All-American Diner, Arundel♦ 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:30 Hand & Foot	26 9:30 – 10:00 Blood Pressure Checks 10:00 Art Workshop ♦ 10:00 Mindfulness with Nancy 10:00 Gentle Vinyasa Yoga with Leslie ♦ 12:00 Tech Class – Phone Photography and Organization 1:00 Canasta 1:00 French Club 1:00-3:00 Needle Felting Ornament Workshop♦	27 9:00 Bridge Group 9:00 Strength & Balance with Serina 10:00 Walking Group 10:00 Craft Group 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	28 CENTER CLOSED Happy Thanksgiving!	29 CENTER CLOSED

NOTE: Support Groups require RSVP 24 hours in advance.

KEY Highlighted Program = New & Noteworthy ♦ = Program Fee Bold Program = Off-Site Program or Fundraiser
--