NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
2 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:00 Mah Jongg Lessons ◊ 10:30 Chair Zumba ◊ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	**3** 9:00 Cardio Dance ◊ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 1:00 Conversational French 1:00 Cribbage (intermediate)	**4** **CLOSED FOR PROGRAMMING FOR FASHION SHOW**	**5** 9:00 Cardio Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 11:00 Line Dancing ◊ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group 2:00 Medicare Workshop - Aetna	**6** 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Knitting Group 1:00 Cribbage (intermediate)
9 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:00 Mah Jongg Lessons ◊ 10:00 Elder Elves Meeting 10:30 Chair Zumba ◊ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	**10** 9:00 Cardio Dance ◊ 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 1:00 Cribbage (intermediate) 2:00 Collette Travel Showcase	**11** **CLOSED FOR PROGRAMMING IN OBSERVANCE OF VETERANS DAY**	**12** 9:00 Cardio Dance ◊ 10:00 Octets Bridge 10:00 Tai Chi ◊ 11:00 Line Dancing ◊ 11:00 Wise Women Wondering 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	**13** 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Knitting Group **11:00 Lunch Bunch @ Robert's Maine Grill ◊** 1:00 Cribbage (intermediate) 1:00 Men's Afternoon Movie
16 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ◊ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	**17** 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 12:00 SMAA Community Café ◊ 1:00 Conversational French 1:00 Intro to Genealogy 2:00 Sweater Swap	**18** 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 10:30 Chair Zumba ◊ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate) 1:00 The Gulf of Maine Presentation	**19** 9:00 Keep it Legal **10:00 North Conway Overnight Trip ◊** 10:00 Octets Bridge 10:00 Tai Chi ◊ **12:30 Men's Lunch Bunch @ Mike's Diner, Arundel ◊** 11:00 Line Dancing ◊ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukulele Group	**20** 9:00 Open House 10:00 Gentle Vinyasa Yoga with Leslie ◊ 10:00 Knitting Group 1:00 Cribbage (intermediate) 2:00 Parkinson's Support

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23 10:00 Men's Coffee and Conversation 10:00 American Mahjong (Beginner) 10:30 Chair Zumba ◊ 11:00 Caregiver Support Group 1:00 Cribbage 1:00 Hand & Foot	**24** 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◊ 10:00 Mindfulness with Nancy 1:00 Intro to Genealogy	**25** 9:00 Bridge Group 9:00 Strength & Balance with Serina ◊ 10:00 Craft Group 10:30 Chair Zumba ◊ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	**26** **CLOSED FOR PROGRAMMING IN OBSERVANCE OF THANKSGIVING**	**27** **CLOSED FOR PROGRAMMING IN OBSERVANCE OF THANKSGIVING**
30 **CLOSED FOR PROGRAMMING**				

KEY

Highlighted Program = New & Noteworthy

◊ = Program Fee

Bold Program = Off-Site Program or Fundraiser