


**Nurture your mind, body and spirit for a healthier, happier**

**LIFE'S Senior Center at Southminster NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Thanksgiving to everyone!</b></p> 	<p>1 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 &amp; 3 12:30 Mahjong 1:00 Knitten Kittens</p>	<p>2 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p>	<p>3 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 open 2&amp;3 Open play courts 2 &amp; 3 <b>1:00 Art Class with Miss Rainbow Frida Portraits with pressed flowers</b></p>	<p>4 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&amp;2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge 1 open 2 &amp; 3 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p>
<p>7 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p>	<p>8 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 &amp; 3 12:30 Mahjong 1:00 Knitten Kittens</p>	<p>9 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open <b>1:00-2:00 LIFE Support Staying Connected and Sharing Our Strengths Clary Sage Chair Massages 10:00-12:00</b></p>	<p>10 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 open 2 &amp; 3 <b>1:00 Art Class with Miss Rainbow Painted rock owls on log</b></p>	<p>11 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&amp;2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge 1 open 2 &amp; 3 12:30-1:30 Knitten Kittens 12:15-3:30 Pickleball-Open 1:30 Cards and Games</p>
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<p>21 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p>	<p>22 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 &amp; 3 12:30 Mahjong 1:00 Knitten Kittens</p>	<p>23 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open <b>1:00-2:00 LIFE Support Staying Connected and Sharing Our Strengths</b></p>	<p><b>SENIOR CENTERS CLOSED</b></p> 	
<p>28 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi's 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p>	<p>29 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 &amp; 3 12:30 Mahjong 1:00 Knitten Kittens</p>	<p>30 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball Lessons 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p>	<p><b>THANKSGIVING FUN FACTS</b> The Butterball hotline answers 100,000 turkey-related questions per year. The day after Thanksgiving is the busiest day for plumbers. Female turkeys do not gobble. "Jingle Bells" was originally a Thanksgiving song. FDR once moved Thanksgiving up a week. The first Thanksgiving lasted 3 days. About 50 million people watch the Macy's Day Parade each year. Red wine is the most popular "tippie"</p>	

LIFE's Senior Center at Southminster  
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[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)  
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Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

Memberships are available to adults 50 and older. The cost is \$70.00 (5.83 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)