

# November 2024 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00-4:00 Walking Path 10:15 Sr. Exercise 10:30 Ukulele 11:00 Women's Billiards 1:00 Lowell Center Writers 1:00 Sheepshead	2
3 <i>Daylight Saving Time Ends</i>	4 8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling	5 8:00-4:00 Walking Path 8:30 Resist Chairs 10:15 Sr. Exercise 12:30 Hand n' Foot 1:00 Senior Sing-Along at Lowell Center  <b>Election day</b>	6 8:00-4:00 Walking Path 9:30 Cardio Drum 10:00 Rummikub 1:00 Advanced Line Dance	7 8:00-4:00 Walking Path 9:00 Line Dance 12:30 Bridge 1:00 Mah-jongg 1:30 Cash Bingo	8 8:00-4:00 Walking Path 10:15 Sr. Exercise 10:30 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	9
10	11 8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling  <b>VETERAN'S DAY</b>	12 8:00-4:00 Walking Path 8:30 Resist Chairs <b>9:30 Coffee Talk with the Mayor</b> 10:15 Sr. Exercise 12:30 Hand n' Foot 2:00 Senior Sing-Along at Renaissance	13 8:00-4:00 Walking Path 9:30 Cardio Drum <b>11:00 Educational Presentation with Kissinger Law</b> 1:00 Advanced Line Dance 1:00 Bunco	14 8:00-4:00 Walking Path 9:00 Line Dance <b>9:00 WRASCA Board Meeting</b> 12:30 Bridge 1:00 Acoustic Guitar 1:00 Mah-jongg	15 8:00-4:00 Walking Path 10:15 Sr. Exercise 10:30 Ukulele 11:00 Women's Billiards 1:00 Lowell Center Writers 1:00 Sheepshead	16
17	18 8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Wii Bowling Awards	19 8:00-4:00 Walking Path 8:30 Resist Chairs <b>9:30-10:30 Blood Pressure Screening</b> 10:15 Sr. Exercise 12:30 Hand n' Foot 2:00 Senior Sing-Along at Wis Rapids Health Services	20 8:00-4:00 Walking Path 9:30 Cardio Drum 10:00 Rummikub 1:00 Advanced Line Dance <b>1:30 WRASCA Association Mtg</b>	21 8:00-4:00 Walking Path 9:00 Line Dance 12:30 Bridge 1:00 Mah-jongg 1:30 Cash Bingo	22 8:00-4:00 Walking Path 10:15 Sr. Exercise 10:30 Ukulele 11:00 Women's Billiards 1:00 Sheepshead	23
24	25 8:00-4:00 Walking Path 9:30 Cardio Drum <b>10:30 Card Workshop</b> <b>1:30 Book Club: "Smash Cut"</b>	26 8:00-4:00 Walking Path 8:30 Resist Chairs 10:15 Sr. Exercise 12:30 Hand n' Foot 2:00 Senior Sing-Along at Arborwood Lodge	27 8:00-4:00 Walking Path 9:30 Cardio Drum 1:00 Advanced Line Dance	28 <b>Lowell Center Closed</b>  In Observance of Thanksgiving	29 <b>Lowell Center Closed</b>  In Observance of Thanksgiving	30