

FORSYTH SENIOR CENTER ACTIVITIES

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. ADVANCED ARTHRITIS/YOGA CLASS 8:30	2. CHAIR EXERCISE 9:00 BINGO 12:30	3. S.A.I.L. BALANCE&EXERCISE CLASS 9:00
6. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	7. CHAIR EXERCISE 9:00	8. ADVANCED ARTHRITIS/YOGA CLASS 8:30	9. CHAIR EXERCISE 9:00 BINGO 12:30	10. S.A.I.L. BALANCE&EXERCISE CLASS 9:00 WHEEL OF FORTUNE 1:00
13. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	14. CHAIR EXERCISE 9:00 BIRTHDAY DAY!! LINDA WOLFF FROM ACTION 12:30	15. ADVANCED ARTHRITIS/YOGA CLASS 8:30	16. CHAIR EXERCISE 9:00 BINGO 12:30	17. S.A.I.L. BALANCE&EXERCISE CLASS 9:00 THANKSGIVING PARTY NOON!!
20. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	21. CRAFTS 12:30 FOOT CLINIC—CALL US FOR AN APPOINTMENT	22. ADVANCED ARTHRITIS/YOGA CLASS 8:30	23. CLOSED FOR THANKSGIVING	24. CLOSED FOR THANKSGIVING
27. S.A.I.L. BALANCE&EXERCISE CLASS 9:00	28. CHAIR EXERCISE 9:00 LINDA WOLFF FROM ACTION 12:30 CARD SOCIAL	29. ADVANCED ARTHRITIS/YOGA CLASS 8:30 LIFE STORIES 12:30	30. CHAIR EXERCISE 9:00 BINGO 12:30	DEC.1 S.A.I.L. BALANCE&EXERCISE CLASS 9:00 "CRAZY DRESS-UP DAY" STORY TIME WITH TIM 12:30