



Guideway/Bug Hill Senior Center NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Legal aid of NC 800.672.9304 Reverse Mortgage info 919-877-5700 Medication Assistance Program INFO 910-640-6602 ext. 250 Medicare Info: 910-640-6602 ext. 241	*Disclaimer: This calendar is subject to change at any time.			1 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Devotion 12:00 Lunch/Social
4 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	5 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social	6 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	7 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social 1:00 Puzzles/Games	8 Exercise Room 9-1 9:00 Word Games 11:45 Lunch/Social
11 <u>CLOSED</u> 	12 Exercise Room 9-5 9:00 Puzzles/Games 11:30 Chair Exercise 11:45 Lunch/Social	13 Exercise Room 9-5 9:00 Puzzles/Games 10:30 Cardio Drumming 11:00 Geri Fit 11:45 Lunch/Social 2:00 BEG Geri Fit	14 Exercise Room 9-5 9:00 Puzzles/Games 9:00 Cards 11:30 Nutrition Talk 11:45 Lunch/Social	15 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
18 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	19 Exercise Room 9-5 10:00 Puzzles/Games 11:45 Lunch/Social 1:00 Crafts	20 Exercise Room 9-5 9:00 Puzzles/Games 11:45 Lunch/Social 1:00 Couponing	21 Exercise Room 9-5 9:00 Cards 11:45 Lunch/Social	22 Exercise Room 9-5 9:00 Word Games 9:30 Fellowship/Fun 11:45 Lunch/Social
25 Exercise Room 9-5 10 Crosswords/Puzzles 11:00 Geri Fit 11:30 Weekly Announcements 11:45 Lunch/Social 2:00 BEG Geri-Fit	26 Exercise Room 9-5 9:00 Puzzles/Games 11:00 Chair Volleyball 11:45 Lunch/Social 1:00 Crafts	27 Exercise Room 9-5 9:00 Puzzles/Games 10:30 Cardio Drumming 11:00 Geri Fit 11:45 Lunch/Social 1:00 Couponing 2:00 BEG Geri-Fit	28 <u>CLOSED</u> 	29 <u>CLOSED</u>

FOR MORE INFORMATION: Contact Jenny Godwin @ 788-1614 jgodwin@columbusco.org