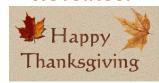
CHADBOURN SENIOR CENTER

November



Monday	Tuesday	Wednesday	Thursday	Fríday
				1 9:30 Digital Lit. 11:00 GERI FIT 12:00 LUNCH 1:00 PHASE 10
4 9:30 Digital Lit. 11:00 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE 10	5 8:30 10:45 BIBLE STUDY 12:00 LUNCH 1:00-4:00 CANASTA	6 8:30 11:00 GERI FIT 12:00 LUNCH 1:00	7 8:30 12:00 LUNCH 1:00-4:00 CRAFTS	9:30 Digital Lit. 11:00 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE 10
Closed	12 8:30 10:45 BIBLE STUDY 12:00 LUNCH 1:00-4:00 CANASTA	13 8:30 11:00 GERI-FIT 12:00 LUNCH 1:00 BINGO@1pm	14 8:30 12:00 LUNCH 1:00-4:00 SIP AND PAINT	9:30 Digital Lit. 11:00 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE 10/SEWING CIRCLE
18 9:30 Digital Lit. 11:30 GERI-FIT 12:00 LUNCH 1:00 PHASE	19 8:30 10:45 BIBLE STUDY 12:00 LUNCH 1:00-4:00 CANASTA	8:30 11:00 GERI FIT 12:00 LUNCH 1:00-	21 8:30 12:00 LUNCH 1:00-4:00 CRAFTS	9:30 Digital Lit. 11:30 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE 10/SEWING CIRCLE
9:30 Digital Lit. 11:30 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE YOU MATTER!!	8:30 10:45 BIBLE STUDY 12:00 LUNCH 1:00-4:00 CANASTA	27 8:30 11:00 GERI-FIT 12:00 LUNCH 1:00 Puzzles	28 8:30 12:00 LUNCH 1:00-4:00 CRAFTS Grateful Thankful Blessed Happy Thanksgiving!!	9:30 Digital Lit. 11:30 GERI-FIT/cardio drumming 12:00 LUNCH 1:00 PHASE 10/SEWING CIRCLE

CHADBOURN SENIOR CENTER NEWS LETTER NOVEMBER 2024



Sara Frink 11/3 Tommy Lane 11/11 Linda White 11/12 Joan Elliott 11/28

PLEASE DON'T FORGET!!

SHIIP 11/01 Gentiva for Bingo 11/6 at 11am Closed for Veterans Day 11/11

*WE WILL BE WEARING OUR CHADBOURN SENIOR CENTER
SHIRTS ON FRIDAYS. IF YOU DO NOT HAVE ONE AND WOULD LIKE TO PURCHASE ONE PLEASE LET ME
KNOW

Congregate meals are being served daily for anyone 60 and older. Tell a friend and bring a friend Must register with nutrition mgr. in order to participate.

Erica Harris (coordinator) Erica.harris@columbusco.org
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Chadbourn NC 28431 910-654-4423