























# East Columbus Senior Center Activities November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts</p>  <p>Ensure Sold Daily</p>
<p><b>4</b> 9:00 Fitness Room 11:00 Cardio Drum 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>5</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades</p>  <p>Ensure Sold Daily</p>	<p><b>6</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>7</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Cards</p>  <p>Ensure Sold Daily</p>	<p><b>8</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts</p>  <p>shutterstock - 577685947</p> <p>Ensure Sold Daily</p>
<p><b>11</b> CLOSED</p> 	<p><b>12</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades</p>  <p>Ensure Sold Daily</p>	<p><b>13</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>14</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>15</b> 9:00 Exercise 11:00 Bingo 12:00 Lunch 1:00 Arts/Crafts</p>  <p>Ensure Sold Daily</p>
<p><b>18</b> 9:00 Fitness Room 11:00 Cardio Drums 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>19</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Spades/Whist</p>  <p>Ensure Sold Daily</p>	<p><b>20</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch</p>  <p>Ensure Sold Daily</p>	<p><b>21</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Whist/Spades</p>  <p>Ensure Sold Daily</p>	<p><b>22</b> 9:00 Fitness Room 11:00 Bingo W/ Germaine 12:00 Lunch 1:00 Arts/Crafts</p>  <p>Ensure Sold Daily</p>
<p><b>25</b> 9:00 Fitness Room 11:00 Cardio Drums 12:00 Lunch</p> <p>Ensure Sold Daily</p>	<p><b>26</b> 9:00 Fitness Room 11:00 Geri Fit 12:00 Lunch 1:00 Bid Whist</p>  <p>Ensure Sold Daily</p>	<p><b>27</b> 9:00 Fitness Room 11:00 Bingo 12:00 Lunch</p> <p>Ensure Sold Daily</p>	<p><b>28</b> CLOSED</p> 	<p><b>29</b> CLOSED</p> 