

# November 2018 (sign up for programs/activities begins Thursday, November 1)

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; font-size: small;">MEMBER FDIC   EQUAL HOUSING LENDER</p> <p style="text-align: center;"><b>It's all about CONVENIENCE</b> <b>It's all about COMMUNITY</b> <b>It's all about YOU!</b></p> <p style="text-align: center; font-size: x-small;">KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</p> <div style="text-align: center;">  <p><b>StateBank</b> ksstatebank.com</p> </div> <p style="text-align: center; font-size: x-small;">Westloop   Downtown   Aggieville   Highway 24   785-587-4000</p>			<p><b>1</b></p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle 3:00 Applebee's Afternoon Appetizers</p>	<p><b>2</b></p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers</p>
<p><b>5</b></p> <p>9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie: Home Again</b> 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p><b>6 ELECTION DAY</b></p> <p>8:45 Oldies Sweatin' 1:00 Pitch</p> <div style="text-align: center;">  </div>	<p><b>7</b></p> <p>9:00 MAREA 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/Canasta 1:00 Lifestory Writing Group</p>	<p><b>8</b></p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 9:00 AARP Board 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass cleaning &amp; adjustment 11:30 Blood pressure checks &amp; hearing aid cleanings <b>12:00 Lunch Bunch: Bluestem Grill</b> 1:00 Bunco/Pinochle</p>	<p><b>9</b></p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training <b>12:00 AARP Smart Driver Course</b> 12:30 Bridge 12:45 Sewing Angel Center Singers 1:00 Texas Hold 'Em</p>
<p><b>12</b></p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie: Peter Rabbit</b> 1:00 Duplicate Bridge <b>1:00 Gingerbread Village Construction</b> 1:30 Caregivers' Support Group for Alzheimer's 5:30 Monday Yoga</p>	<p><b>13</b></p> <p>8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch <b>1:00 Workshop: Holiday Make 'n Take Desserts &amp; Appetizers</b> 2:00 Senior Social at west Dairy Queen</p>	<p><b>14</b></p> <p>8:30 Foot Care 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Thanksgiving Movie: An Old Fashioned Thanksgiving</b> 1:00 Hand &amp; Foot/Canasta</p>	<p><b>15</b></p> <p>8:45 Oldies Sweatin' 9:00 AARP 9:00 Stitch Therapy 11:00 Chair Yoga 11:40 Gentle Yoga 3:00 Applebee's Afternoon Appetizers</p>	<p><b>16</b></p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training <b>11:30 Annual Meeting</b> <b>12:30 Center Board Meeting</b> 12:30 Bridge <b>12:45 Center Singers' Halloween Sing-A-Long</b></p>
<p><b>19</b></p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training <b>11:30 CSFP Box Delivery &amp; Pick-up</b> 12:30 Bridge <b>12:45 Movie: Steel Magnolia</b> 1:00 Duplicate Bridge <b>1:00 Gingerbread Village Construction</b> 5:30 Monday Yoga</p>	<p><b>20</b></p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 2:00 VIP Support Group</p>	<p><b>21</b></p> <p>10:15 Strength Training 11:00 Strength Training</p> <p style="text-align: center;"><b>CENTER CLOSSES AT 1:00</b></p>	<p><b>22</b></p> <p style="text-align: center;"><b>CLOSED IN OBSERVANCE OF THANKSGIVING</b></p> <div style="text-align: center;">  </div>	<p><b>23</b></p> <p style="text-align: center;"><b>CLOSED IN OBSERVANCE OF THANKSGIVING</b></p>
<p><b>26</b></p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie: I, Tonya</b> 1:00 Duplicate Bridge <b>1:00 Gingerbread Village Construction</b> 5:30 Monday Yoga</p>	<p><b>27</b></p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch</p>	<p><b>28</b></p> <p>10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/Canasta <b>1:30 Book Author &amp; Discussion &amp; Presentation: Hidden History of Kansas</b></p>	<p><b>29</b></p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle</p>	<p><b>30</b></p> <p>9:15 Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers Thanksgiving Sing-a-long</p>