

NOVEMBER 2025 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<i>Beginning Watercolor</i> w/ MCPL 1:30-3:00pm 8 weeks, Oct. 13th – Dec. 1st A FREE class covering basic watercolor techniques taught by a professional artist. Sign ups are now closed.	VETERANS  Coffee & Donuts If you are a Veteran, come join your fellow Veterans for coffee, donuts and conversation. Tuesday, Nov. 25th at 8am	Tech Tutor 10/10 9:30-11:30am Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.	SENIOR PLANET Streaming classes for social connection, wellness, and digital expertise designed for Seniors 60+. Bring your favorite device.	VETERANS DAY NOV. 11TH Thank a Veteran. 
3 Senior Karaoke!  9-11:30am <i>Beginning Watercolor</i> w/ MCPL 1:30-3:00pm	4 Wii Bowling 9-11am  SENIOR PLANET Anti-Virus & Malware Removal Programs At A Glance 1:00pm	5 CRAFT CLUB 9-11am ARMCHAIR TRAVELERS Visit Central America 1:00pm	6 COUNTRY MUSIC MAKERS Live Bluegrass 9-10:30am  12:30 Matinée	7 BINGO! 10-11am  Sponsored by Harbor Hospice Salute to Service ESH 11:35a Chair Stretch w/ Carli 12:30p NAME THAT TUNE 1:00p
10  Music with Rachelle 10:00-11:00am Tech Tutor 9:30-11:30am <i>Beginning Watercolor</i> w/ MCPL 1:30-3:00pm	11 CLOSED 	12 CRAFT CLUB 9-11am ARMCHAIR TRAVELERS Visit Greece 1:00pm	13 COUNTRY MUSIC MAKERS Live Bluegrass 9-10:30am  12:30 Matinée	14 BINGO! 10-11a  Sponsored by ClearSky Rehab of Elmwood-St. Joseph Chair Stretch w/ Carli 12:30p Senior Karaoke!  1:00p
17 CRAFT CLUB 9-11am Special time: "Snow Birds" <i>Beginning Watercolor</i> w/ MCPL 1:30-3:00pm	18 Wii Bowling 9-11am  DOMINOES (after lunch)  SENIOR PLANET Mindfulness Aps 1:00pm	19 CRAFT CLUB 9-11am ARMCHAIR TRAVELERS Visit North America 1:00pm	20 COUNTRY MUSIC MAKERS Live Bluegrass 9-10:30am  Medicare 101: ESH 11:35a  Senior Karaoke!  after Lunch	21 BINGO! 10-11am  Birthday Celebration! Chair Stretch w/ Carli 12:30p Game Show Trivia 1:00p JEFFARDY!
24  Senior Karaoke!  9-11:30am <i>Beginning Watercolor</i> w/ MCPL 1:30-3:00pm	25 VETERANS 8am  Coffee & Donuts Wii Bowling 9-11am 	26 Thanksgiving CELEBRATION --Doors open at 9am--	27 CLOSED  	28 CLOSED Thanksgiving WEEKEND

SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

Silver HIIT 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Move & Stretch 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Stretch & Mobility 7:15-7:45 Drum Fit 9:00
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