

NOVEMBER 2024 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<p>Inclement Weather Line 816-526-5059 <u>Press 8 for Sr. Center</u></p> <p>Online: www.es-prcc.statusfy.com or the Statusfy App</p>	<p>White Elephant B-I-N-G-O! 11/26 Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!</p>		<p>Tech Tutor 11/21 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.</p>	<p>1 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!</p>
<p>4 RED GAMEDAY</p> <p>🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 with your friends</p>	<p>5 Wii Bowling 9-11am 🎮</p>	<p>6 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>7 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>8 RED FRIDAY BINGO! 10-11am Thank YOU, Veterans Tribute 11:35am</p>
<p>11 CLOSED</p> 	<p>12 Wii Bowling 9-11am 🎮</p>	<p>13 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>14 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>15 RED FRIDAY BINGO! 10-11am Primary Care, Urgent, Emergency Care w/ ESH 11:35am</p>
<p>18 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am</p>	<p>19 Wii Bowling 9-11am 🎮 DOMINOES (after lunch) 🎲</p>	<p>20 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>21 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Tech Tutor 9:30-11:30am</p>	<p>22 RED FRIDAY BINGO! 10-11am Birthday Celebration! Mindful Eating w/ Melissa Cotton from MU Extension 11:35am</p>
<p>25 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 with your friends</p>	<p>26 White Elephant B-I-N-G-O! 10am</p>	<p>27 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>28 CLOSED</p> 	<p>29 CLOSED</p> <p>Thanksgiving Weekend</p>

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 Shadowboxing 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Zumba Silver 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Yoga 7:15-7:45 Drum Fit 9:00
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