

# November 2022 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<p><b>Music with Rachelle</b></p> <p>🎵 Come enjoy exploring music with your friends. We'll spend time singing, moving to music, playing instruments, and chatting with each other. 🎵</p>	<p>1 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Wii Bowling</b> 9-11am 🎮</p>	<p>2 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)</p> <p><b>CRAFT CLUB</b> 9-11am</p> <p><b>ESH: Meet our New Physicians</b> 11:35am</p>	<p>3 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)</p> <p><b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am</p>	<p>4 <b>RED FRIDAY!</b> <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>BINGO!</b> 10-11am</p> <p> Excelsior Citizen News 11:35am</p>
<p>7 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>COLORING Like A Kid Again</b> 9:00-11:30am</p>	<p>8 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Wii Bowling</b> 9-11am 🎮</p> <p><b>Great American Smoke Out</b> Presented by SAFE &amp; Clay County 11:35am</p>	<p>9 <b>Zumba Silver</b> No Class (GroupEx Room)</p> <p><b>CRAFT CLUB</b> 9-11am</p> <p><b>Custom Bracelet Class</b> w/ Lynda, \$2 (Pre-Registered)</p>	<p>10 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)</p> <p><b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am</p>	<p>11 <b>CLOSED</b></p> <p></p>
<p>14 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Music with Rachelle</b></p> <p>🎵 10-10:45am</p>	<p>15 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Wii Bowling</b> 9-11am 🎮</p> <p><b>ESH: World Diabetic Day</b> Pres. By Maura Woolsey, Dietician 11:35am</p>	<p>16 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)</p> <p><b>CRAFT CLUB</b> 9-11am</p>	<p>17 <b>Gentle Yoga</b> 7:15-7:45 (GroupEx Room)</p> <p><b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am</p>	<p>18 <b>RED FRIDAY!</b> <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>BINGO!</b> 10-11am</p> <p><b>Birthday Celebration!</b></p>
<p>21 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>COLORING Like A Kid Again</b> 9:00-11:30am</p>	<p>22 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Wii Bowling</b> 9-11am 🎮</p>	<p>23 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)</p> <p><b>CRAFT CLUB</b> 9-11am</p> <p><b>Thanksgiving CELEBRATION</b> 10:30am</p>	<p>24 <b>CLOSED</b></p> <p></p>	<p>25 <b>CLOSED</b></p> <p><i>Thanksgiving Weekend</i></p>
<p>28 <b>Silver Strong</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Music with Rachelle</b></p> <p>🎵 10-10:45am</p> <p><b>Managing Medications</b> w/ ES Comm. Pharmacy 11:35am</p>	<p>29 <b>Cardio Drums!</b> 7:15-7:45 (GroupEx Room)</p> <p><b>Wii Bowling</b> 9-11am 🎮</p>	<p>30 <b>Zumba Silver</b> 7:15-7:45 (GroupEx Room)</p> <p><b>CRAFT CLUB</b> 9-11am</p>	<p><b>CRAFT CLUB</b> Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects. <b>Learn to crochet, too!</b></p>	<p><b>COUNTRY MUSIC MAKERS</b> Live Bluegrass band!</p> <p><b>BINGO!</b> Treats, Pantry Items and a BLACKOUT Bucket</p>