

# NOVEMBER 2023 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<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. <a href="#">Learn to crochet &amp; knit, too!</a></p>	<p><b>Tech Tutor</b> 11/16 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 <b>CRAFT CLUB</b> 9-11am <b>This week's craft:</b> Sharon's Painted Christmas Rocks <b>\$FREE</b> <i>Register in Senior Center</i></p>	<p>2 <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>3 <b>RED FRIDAY BINGO!</b>  10-11am Treats, Pantry Items and a BLACKOUT Bucket! <b>Help for the Holidays</b> w/ Meet the Need 11:35am</p>
<p>6 <b>CRAFT CLUB</b> 9-11a <b>Pop-Up Craft:</b> Jera's Pinecone Christmas Trees <b>\$ FREE</b> <b>COLORING</b> Like A Kid Again 9:00-11:30am</p>	<p>7 <b>Wii Bowling</b> 9-11am  <b>CRAFT CLUB</b> 9-11am Becky's Wreath Workshop, Part 1, <b>\$15</b> <b>Veterans: ESH Thanks You!</b> w/ ESH 11:35am</p>	<p>8 <b>CRAFT CLUB</b> 9-11am Becky's Wreath Workshop, Part 2 <b>Register at Community Center Welcome Desk</b></p>	<p>9 <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>10 <b>CLOSED</b> </p>
<p>13 🎵 <b>Music with Rachelle</b> 🎵 10:00-11:00am 🎵 Come enjoy exploring music with your friends. 🎵</p>	<p>14 <b>Wii Bowling</b> 9-11am  <b>DOMINOES</b> (after lunch) </p>	<p>15 <b>CRAFT CLUB</b> 9-11am <b>This week's craft:</b> Lynda's Christmas Bracelet, <b>\$6, Register in Senior Center</b></p>	<p>16 🎵 <b>COUNTRY MUSIC</b> 9-10:30a <b>Tech Tutor</b> 9:30-11:30am <b>Hope For the Holidays:</b> ESH Psychiatric Serv. 11:35a</p>	<p>17 <b>BINGO!</b> 10-11am Treats, Pantry Items and a BLACKOUT Bucket! <b>Birthday Celebration!</b></p>
<p>20 <b>RED GAMEDAY</b>  <b>COLORING</b> Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:30am</p>	<p>21 <b>Wii Bowling</b> 9-11am </p>	<p>22 <i>Thanksgiving Celebration</i> Doors open at 9:00am</p>	<p>23 <b>CLOSED</b> </p>	<p>24 <b>CLOSED</b> </p>
<p>27 🎵 <b>Music with Rachelle</b> 🎵 10:00-11:00am 🎵 Come enjoy exploring music with your friends. 🎵</p>	<p>28 <b>White Elephant Bingo</b> 10-11am Bring a prize to put into the Community Chest! <b>Help for the Holidays</b> w/ Meet the Need 11:35am</p>	<p>29 <b>CRAFT CLUB</b> 9-11am Sharon's Christmas Jars, <b>\$6, Register in Senior Center</b></p>	<p>30 <b>COUNTRY MUSIC MAKERS</b> 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p><b>White Elephant B-I-N-G-O!</b> Bring a <b>FUN</b> trinket or <b>USEFUL</b> prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!</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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