

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 "Don't forget to fall back" Daylight savings time ends 11/6		9:00 Strength Tr. 1 10:45 Early Voting at Frederick Senior Center & Lunch at noon 5:30 Craft Night	2 10:00 "Taking the Chill Off" an energy assistance program 12:45 BINGO	9:00 Strength Tr 3 10:00 – 2:00 Medicare D Appointments w/Elly <u>"Bring a Friend Day"</u>	<u>DoA Bus Trip</u> 4 10:00 Games 11:15 Chair YOGA 1:00 Groceries For Seniors at DOA	<div style="border: 1px dashed black; padding: 5px;"> Department of Aging trips for NOVEMBER: November 4 – Ride a Segway Gettysburg, PA 5 November 18- Hollobaugh Farm Tour Biglerville, PA 12 For reservations or more details about trips please see trip flyer or call for more details 301-600-1605 19 </div>
6 CENTER CLOSED Daylight savings time ends	7 CENTER CLOSED	8 CENTER & County Offices CLOSED	9 10:00 Nurse Steve "What can I do to prevent or control diabetes?" 12:45 BINGO	10 9:00 Strength Tr <u>Baked Potato Bar</u> 10:00 Wii Games 11:00 Library 1:00 Local Shopping	11 CENTER & County Offices CLOSED <small>Veterans Day (US) Remembrance Day (Canada)</small>	
13 <u>Our Thanksgiving Dinner will be on Tuesday November 22, please make your reservations no later than Tuesday November 15</u>	14 CENTER CLOSED	15 9:00 Strength Tr. 10:00 Rummy 10:30 Wii Bowling 2:30 Movie Matinee 5:30 BINGO Party	 16 9:00 Pancakes & BINGO 11:30 Lunch Out with Friends	17 9:00 Strength Tr 10:00 Wii Games 11:45 Nutrition Minute 11:00 Library 1:00 Local Shopping	18 <u>DoA Bus Trip</u> 10:00 Games 11:15 Chair YOGA 1:00 Coloring pages	
20 CENTER CLOSED	21 CENTER CLOSED	22 <u>Turkey Dinner</u> 9:00 Strength Tr. 10:00 Rummy 10:30 Wii Bowling <u>BIRTHDAY PARTY</u> 2:30 Movie Matinee 5:30 Card Party	23 10:00 Video Ex. 10:00 Card Games 11:00 Wii Fit 12:45 BINGO	24 CENTER & County Offices CLOSED <small>Thanksgiving Day (US)</small>	25 CENTER & County Offices CLOSED	26
Brunswick 27 Senior Center "Where the finest people meet"	28 CENTER CLOSED	29 9:00 Strength Tr. 10:00 Rummy 10:30 Wii Bowling 2:30 Movie Matinee 5:30 Dinner Out with Friends	30 10:00 Video Ex 10:00 Card Games 11:00 Wii Fit 12:45 BINGO	 November 2016 <i>Brunswick Senior Center</i>		