

MONONA SENIOR CENTER CALENDAR • NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Target Trip 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 12:30 Dans Open Lab Holiday Letters	2 9:00 Medicare Part D Office Hours 10:00 Coffee & Conversation 10:00 Memory Café 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre	3 8:45 Sr. Shape-up 10:00 Crafters 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch <i>1:00 Mah Jongg</i> 	4 9:00 R.O.M.E.O. 9:00 Foot Care Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheephead 1:15 Movie
7 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge	8 9:00 Foot Clinic 9:30 Woodman's 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 1:00 Long Term Care	9 9:00 Medicare Part D Office Hours 10:00 Stretch & Tone 10:00 Vets on Frets 11:00 Pilates 12:00 Canasta 12:45 Euchre 	10 8:45 Sr. Shape-up 10:00 Jessica Michna "Mittens on the Tree" 11:30 Cup of Chi <i>1:00 Mah Jongg</i> 12:00 Dominoes/ Rummikub	11 9:00 Foot Care Clinic 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 10:00 Scholarly Scoop 11:30 Case Manager 12:00 Nutrition Site 1:00 Jim Hetzel Music
14 8:30 Quilters 9:00 Medicare Part D Office Hours 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge 	15 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 12:30 Dan's Open Lab Holiday Letters 1:00 Memory Screening	16 10:00 Knit & Stitch 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 	17 8:45 Sr. Shape-up 9:00 Reflexology 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Stamp Camp <i>1:00 Mah Jongg</i> 4:00 Friends Board	18 8:00 Chair Massage Holiday House Bazaar  No Programs
21 8:30 Quilters 9:00 Medicare Part D Office Hours 10:00 Stretch & Tone 11:00 Pilates 8:30 Quilters 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	22 9:00 Medicare Part D Office Hours 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	23 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 	24 25 	
28 8:30 Quilters 8:45 Diabetic Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi 12:00 Adult Coloring 12:30 Bridge	29 9:00 Medicare Part D Office Hours 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 1:00 500/Hand & Foot 1:00 Scrabble 1:00 Brain & Body Fitness	30 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 Desk Volunteer Meeting		

Italics denotes offsite event ** **Green - Virtual Programs** ** **Blue - Virtual and In Person**