

Monday

Tuesday

Wednesday

Thursday

Friday

November 2024

A * next to an activity means registration is required by calling 336-373-4816 ext 280.

No AHOY.
10:15a Seeds & Weeds
 1p Arthritis Foundation Exercise Program (\$4)
2:30p Funeral Options

4 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Bingo *
 1p Zumba Gold (\$4)
 2p Games & Mahjong
 2p Creative Writing
 3p MyChart

5 **10a Financial Scams with Acclaim**
 10a Virtual Reality *
 11a Open Art/Craft Room
 No Cardio Drumming
1p Karaoke Contest
 2p Crochet Club

6 **10a Recipe for Success (V)**
12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

7 **9:15a Chair Yoga (\$3)(V)**
 10a Trivia with Tina
 11a "Mrs. Everything" Book Club *
 12p Creative Writing
 1p Movie with Aniya - "Free Bird" *
Food Drive Starts

No AHOY.
 1p Arthritis Foundation Exercise Program (\$4)
3p Victoria's Recipe Secrets *

11 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Bingo *
 1p Zumba Gold (\$4)
 2p Creative Writing
 2p Games & Mahjong
6p Pizza Night with Carolina Aging Alliance

12 **11a Open Art/Craft Room**
 1p Cardio Drumming (\$4) *
 2p Crochet Club
2:30 Pie Party

grateful

13 **10a Fall Recovery ***
12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

14 **9:15a Chair Yoga (\$3) (V)**
10:30a Hacking
 11a "Mrs. Everything" Book Club *
 12p Creative Writing
 1pm Movie with Aniya - "Gone Fishin'" *

9:15a AHOY (\$3) (V)
11:30 Movie Day Trip (\$\$) *
 1p Arthritis Foundation Exercise Program (\$4)

18 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Bingo *
 1p Zumba Gold (\$4)
 2p Games & Mahjong
 2p Creative Writing

19 10a Virtual Reality *
 11a Open Art/Craft Room
 11a Gardening (V)
 1p Cardio Drumming (\$4) *
 2p Crochet Club
2p Headache & TMJ Presentation

20 **10a Recipe for Success (V)**
12:30p Tai Chi (\$3)
 1p Blood Pressure Checks
 2p Jewelry Club

21 **9:15a Chair Yoga (\$3)(V)**
 10a Trivia with Tina
 11a "Mrs. Everything" Book Club *
 12p Refugee Outreach
 12p Creative Writing
 1pm Movie with Aniya - "By The Light of the Silvery Moon" *
Food Drive Ends

9:15a AHOY (\$3) (V)
 10a Africa Travelogue *
 1p Arthritis Foundation Exercise Program (\$4)

25 9a Better Balance (\$3)
 9:45a Advanced Better Balance (\$3)
 11a Bingo *
 1p Zumba Gold (\$4)
 2p Games & Mahjong
 2p Creative Writing

26 10a Virtual Reality *
 11a Open Art/Craft Room
12p Thanksgiving potluck
 No Cardio Drumming
 2p Crochet Club

27 *The Evergreens Lifestyle Center is closed today.*

HAPPY THANKSGIVING

28 **29**

THE EVERGREENS LIFESTYLE CENTER IS CLOSED TODAY.

Evergreens Lifestyle Center, 1401 Benjamin Parkway, Greensboro. (V) indicates virtual programming on Facebook.com/SeniorResourcesofGuilford.