


Activities

Polk County Senior Services-The Meeting Place

November, 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Drop in Activities: Fitness Room, Game Room, Puzzling, Board/Card Games, Outdoor Sports (pickleball, cornhole, ping pong, horseshoes, croquet, bocce) Open Art Studio (8:30am-3pm, Daily) SHIIP volunteers are onsite to answer Medicare questions by appointment. Available: Smart Television, Communal Computer, WiFi Coffee, Tea, and Water is available at 9:30am, most days.</p>			<p>1 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia 11:15-Share thy Bread 2:00-Qi Gong</p>	<p>2 9:30- Intermediate cycling (45 min Class) 10:30-Fiber Arts Group 10:30-REFIT® 1:00-Games</p>	<p>3 9:30- Get Movin' 10:30-Paint it Up-Whimsical Ornaments 11:30-Pizza Party Lunch & Learn: Hospice Palliative Care Unit</p>	<p>4 November 3-Paint it Up</p> 
<p>5 November 8: 2:30- Dementia/Alzheimer's Caregivers Support Group</p>	<p>6 9:30- Vaya Health- Neurocognitive Disorders and the Basics of Dementia: The Four Main Types 10:30-Coffee & Updates</p>	<p>7 8:30-Tai Chi 10:00- Devotions 10:30-REFIT® 11:00- Indoor Cycling for Beginners (30 min Class) 12:00-Lunch & Learn: Medicaid Expansion 1:00- Games</p>	<p>8 9:30-Balance & Flow: Advanced Yoga 10:00-Arts & Crafts w/Lisa-Drawing 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia-Veteran's Day 2:00-Qi Gong</p>	<p>9 9:30- Intermediate cycling (45 min Class) 10:30-Senior Life Solutions-Hope for the Holiday Season/Angel Ornaments 10:30-REFIT® 1:00-Games Veteran's Hot Dog Lunch</p>	<p>10 Center Closed</p>	<p>11</p> 
<p>12</p>	<p>13 9:30- Get Movin' 10:30-Prize Bingo! 9:30-2:30- Pisgah Law: Medicaid Sign ups by appointment</p>	<p>14 8:30-Tai Chi 10:00- Devotions 10:30-REFIT® 11:00- Indoor Cycling for Beginners (30 min Class) 1:00- Games</p>	<p>15 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia 11:15-Share thy Bread 2:00-Qi Gong</p>	<p>16 9:30- Intermediate cycling (45 min Class) 10:30-Fiber Arts Group 10:30-REFIT® 12:30-Lunch & Learn:Via Health Partners 1:00-Games</p>	<p>17 9:30- Get Movin' 10:00-Bowling @Autumn Lanes 10:30-Local History w/James 2:00-Qi Gong</p>	<p>18</p> 
<p>19</p>	<p>20 9:30- Get Movin' 12:00-Lunch & Learn-Comfort Keepers</p>	<p>21 8:30-Tai Chi 10:00- Devotions 10:00-Arts & Crafts w/Lisa: Christmas Wreath 11:00- Indoor Cycling for Beginners (30 min Class) 1:00- Games No REFIT® Today</p>	<p>22 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Thanksgiving Trivia 2:00-Qi Gong Thanksgiving Lunch</p>	<p>23 Center Closed</p> 	<p>24 Center Closed</p>	<p>25</p>
<p>26</p>	<p>27 9:30- Get Movin' 10:30-Prize Bingo! 1:00-Christmas Decorating</p>	<p>28 8:30-Tai Chi 10:00- Devotions 10:30-REFIT® 11:00- Indoor Cycling for Beginners (30 min Class) 1:00- Games</p>	<p>29 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia 11:15-Share thy Bread 2:00-Qi Gong</p>	<p>30 9:30- Intermediate cycling (45 min Class) 10:30-Fiber Arts Group 10:30-REFIT® 1:00-Games</p>		