









# SENIOR MOMENTS



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Medicare open enrollment has started. It ends on December 7th. We are here to help with any questions.</b></p>		<p><b>1</b> 9-11 Computers 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch <i>Lunch &amp; Learn/BRHD Medicine &amp; Poison</i> 12:30 <b>Bingo</b> <b>Bryce from Symbii</b></p>	<p><b>2</b> 9-11 Computers 9:30 Zumba 10:30 Sit &amp; Stretch  -Civic Club -Reflections</p>	<p><b>3</b> 9:30 Arthritis Exercise  O'Dell Summers  </p>
		<p><b>6</b> <b>HEAT Help</b>— <i>By appointment, call us to schedule one</i> 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch -Company DUP</p>	<p><b>7</b> 9-11 Computers 9:30 Zumba 10:30 Sit &amp; Stretch 12:00 Tatting  -IHC Blood Pressure 6:00 computers -Stagecoach DUP</p>	<p><b>8</b> 9-11 Computers 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch 12:30 Game Day by Integrity <b>BRVCC Free Lunch</b> 6:00 Good Sammers</p>
<p><b>13</b> 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch  -Garland DUP</p>	<p><b>14</b> 9-11 Computers 9:00 Quilt Guild 9:30 Zumba 10:30 Sit &amp; Stretch 12:00 Tatting 12:00 L&amp;L W/Mary from CNS -Garland DUP 6:00 computers</p>	<p><b>15</b> 9-11 Computers 9:30 Arthritis Exercise 10:00 Card Class  -Foot Clinic by appt. 10:30 Sit &amp; Stretch 6:30 DoTerra class</p>	<p><b>16</b> 9-11 Computers 9:30 Zumba 10:30 Sit &amp; Stretch <b>Rudd Funeral Home Free Lunch</b>  -American Legion -Civic Club -Reflections</p>	<p><b>17</b> 9:30 Arthritis Exercise <b>Thanksgiving Dinner - Make your reservation</b> Best Friends  </p>
<p><b>20</b> 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch  -Midland DUP</p>	<p><b>21</b> 9-11 Computers 9:30 Zumba 10:30 Sit &amp; Stretch 12:00 Tatting IHC Blood Pressure 6:00 Computers </p>	<p><b>22</b> 9-11 Computers 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch 11:00 Chuck-A-Rama</p>	<p><b>23</b> <b>Closed</b> <b>Thanksgiving Day</b> </p>	
<p><b>27</b> <b>HEAT Help</b>— <i>By appointment, call to schedule one</i> 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch</p>	<p><b>28</b> 9-11 Computers 9:30 Zumba 12:00 Tatting 10:30 Sit &amp; Stretch 12:30 Movie Day  6:00 Computers</p>	<p><b>29</b> 9-11 Computers 9:30 Arthritis Exercise 10:30 Sit &amp; Stretch</p>	<p><b>30</b> 9-11 Computers 9:30 Zumba 10:30 Sit &amp; Stretch  -Sons of Pioneers -Reflections</p>	<p> Find us on <b>Facebook</b></p>