








November 2022

The Wells Ogunquit Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>* Members Birthdays</p> 	<p>1 *Ellen Robinson</p> <p>10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 1-4pm Art Classes w/Suzie (Donation- \$15)</p>	<p>2</p> <p>8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO!</p>	<p>3 *Elizabeth Farnham *Marcy Mignosa *Patricia Minichiello</p> <p>10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing</p>	<p>4</p> <p>9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg</p>	<p>5</p> <p>*Marcia Hamlyn *Rana Hosseini</p>
<p>6 Don't forget to change your clocks back *Sheila Cerrpmo</p> 	<p>7 *Robert Chabot</p> <p>8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 1-2:30pm No Line dancing today 1-3pm Learn how to play "45's" w/Jerry Tickets go on sale today for Billy's Billy's Christmas— December 6th \$25 each ticket— cash/check=Ticket</p>	<p>8 *David Gordon *Carol Hersom *Sheila Madigan *Annie Yoder</p>  <p>Full Moon</p> <p>10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 1-4pm Art Classes w/Suzie (Donation- \$15)</p>	<p>9 *Joyce Chapman *Loraine Ryan</p> <p>8:30am Meditation 9am Yoga 11-1pm-Veteran's Day Celebration— sponsored by the Wells PD Veterans are free/ members \$5 1-3pm Cribbage 6pm BINGO!</p>	<p>10</p> <p>10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm No Line dancing today</p>	<p>11 Closed</p> 	<p>12 *Allan Amoling *Thomas Cudmore *Scott Sawyer *Barry Wolfson</p>
<p>13 *Paul Doherty</p>	<p>14 *Donald Bridges *Jim Francoeur</p> <p>8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 1-2:30pm No Line dancing today 1-3pm Learn how to play "45's" w/Jerry</p>	<p>15 *Andrew Proulx *Joanne Tomao *Christina Turner</p> <p>10:30-11:30am Exercise 10:30-1pm Pick up Senior Citizen Thanksgiving dinner at Congdon's donut shop 12-3pm Friendly Rubber Bridge 1-4pm Art Classes w/Suzie (Donation- \$15)</p>	<p>16 *Patricia Deming</p> <p>8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO!</p>	<p>17</p> <p>10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) 4-5:30pm Board of Directors</p>	<p>18</p> <p>9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg</p>	<p>19 *Martha Page</p> 
<p>20 *Mary Jane Gurney *Bob Kreie</p>	<p>21 *Kathy Chase *Bernadette Clark</p> <p>8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 1-2:30pm No Line dancing today 1-3pm Learn how to play "45's" w/Jerry</p>	<p>22 *John Mahoney *Myriam Roderman *Betty Tacy</p> <p>10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 1-4pm Art Classes w/Suzie (Donation- \$15)</p>	<p>23</p> <p>8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>24 Closed</p> 	<p>25 Closed</p> <p>*Linda Brooks *Son Mi Winters</p>	<p>26 *Anne Pope</p>
<p>27 *Yvonne Cornell</p>	<p>28 *Marla McCurdy *Winifred McDonough</p> <p>8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Book Club 1pm Trim the Tree in Lobby  1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members) 1-3pm Learn how to play "45's" w/Jerry</p>	<p>29</p> <p>10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 1-4pm Art Classes w/Suzie (Donation- \$15)</p>	<p>30 *Sheila Morrison</p> <p>8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO!</p>	<p>Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. <u>Henri Frederic Amiel</u></p>	