



# November 2023

## The Wells Ogunquit Senior Center



**Sunday**

**Monday**






**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

	<p><b>"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."</b></p> <p style="text-align: center;">— <a href="#">Maya Angelou</a></p>		<p><b>1</b></p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-<b>BINGO</b></p>	<p><b>2</b></p> <p>9:15-12pm Private BridgeClass (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing</p>	<p><b>3</b></p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p><b>4</b></p>
<p><b>5</b></p>  <p>10am Shores Church</p>	<p><b>6</b></p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>7</b></p>  <p>9-10am Healthy Choices group <b>10:30-11:30am NO Exercise</b> 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p><b>8</b></p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-<b>BINGO</b></p>	<p><b>9</b></p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30- <b>NO Exercise</b> 11-3pm Duplicate Bridge 11-1pm- Veteran's Day Celebration-sponsored by the Wells Police Dept. Veterans- Free Members \$5 limit 60 people Shades of Grass- entertain</p>	<p><b>10 Center closed</b></p> 	<p><b>11 Closed</b></p>
<p><b>12</b></p> <p>10am Shores Church</p>	<p><b>13</b></p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga <b>10am Wells Library- Medicare Information w/ Barry Wolfson</b> 11-12pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>14</b></p> <p>9-10am Healthy Choices group <b>10:30-11:30am NO Exercise</b> 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p><b>15</b></p> <p>8:30am Meditation 9am Yoga 10am - coffee w/Chief John L. - Ogunquit 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-<b>BINGO</b></p>	<p><b>16</b></p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing <b>4-5:30pm Board of Directors</b></p>	<p><b>17</b></p> <p>9am Yoga 9am Pinochle 10-12pm Senior College- Reflexology 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>10am Shores Church</p>	<p><b>20</b></p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm <b>BEGINNER Line Dancing</b> 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm <b>Improver Beginner</b> Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>21</b></p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p><b>22</b></p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm- <b>NO BINGO</b></p>	<p><b>23 Center Closed</b></p> 	<p><b>24 Center Closed</b></p>	<p><b>25</b></p>
<p><b>26</b></p> <p>10am Shores Church</p>	<p><b>27</b></p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club 11-12pm <b>BEGINNER Line Dancing</b> 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm <b>Improver Beginner</b> Line Dancing (\$5 Members, \$7 Non-Members)</p> 	<p><b>28</b></p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p><b>29</b></p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-<b>BINGO</b></p>	<p><b>30</b></p> <p>9:15-12pm Private BridgeClass (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing</p>	<p>Schedule is subject to change without notice</p>	