


NOVEMBER 2020 WELLS OGUNQUIT SENIOR CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Ernest Nason Ellen Robinson	2 Wini Mason 1-2:30 pm Line Dancing 6-7pm Yoga	 3 Elizabeth Farnham Patricia Minichiello 8:30-10am Weight Watches 10:30-11:30 Exercise 12-3 Friendly rubber bridge	4 9am Hatha Yoga 9:45 Chair Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft room 1-3pm Cribbage	5 Rana Hosseini 10:45-11:45 Exercise 1-2:30 Line Dancing	6 10:30-11:30 Exercise 12-3 Mah Jongg	7 Carole Aaron Kaye Horrigen
8 David Gordon Carol Hersom Sheila Madigan	9 Joyce Chapman 1-2:30 pm Line Dancing 6-7pm Yoga	10 Noreen Bausewein Lorraine Scott Torrey Sylvester 8:30-10am Weight Watches 10:30-11:30 Exercise 12-3 Friendly rubber bridge	11 Joan Sutter Center is Closed 	12 Barry Wolfson 10:45-11:45 Exercise 1-2:30 Line Dancing	12 Paul Doherty 10:30-11:30 Exercise 12-3 Mah Jongg	14
15 Joan Tomato Christina Turner Theresa Pignata 1:30-3:30pm Harvest social fundraiser featuring band "Just Us" BYOB -tickets \$10 each Snacks will be provided	16 Michael Gold 1-2:30 pm Line Dancing 6-7pm Yoga	17 Morinne Capuano Robert Bailey 8:30-10am Weight Watches 10:30-11:30 Exercise 12-3 Friendly rubber bridge	18 9am Hatha Yoga 9:45 Chair Yoga 11-1pm As You Like It 12-3pm Mah Jongg 12:30-2:30pm Craft room 1-3pm Cribbage Last Day to reserve your meal from Billy's	19 Richard Berger 9-10am Exercise 12pm \$15- Pass the Plate Luncheon -featuring recipes from the cookbook - menu Lasagna/salad/dessert 4pm Board of Director meeting	20 Mary Jane Gurney Bob Kreie 10:30-11:30 Exercise 12-3 Mah Jongg 1-2:30 Line Dancing	21 Kathy Chase Kendra Fowler
22 John Mahoney Myriam Roderman Betty Tacy	23 Dick Keddy 1-2:30 pm Line Dancing 6-7pm Yoga	24 8:30-10am Weight Watches 10:30-11:30 Exercise 12-3 Friendly rubber bridge	25 Nova Gibbs 9am Hatha Yoga 9:45 Chair Yoga 12-3pm Pick up meal at Billy's Chowder House 12-3pm Mah Jongg 1-3pm Cribbage	26 Cecilia Reardon 	27 10:30-11:30 Exercise 12-3 Mah Jongg 1-2:30 Line Dancing	28 Marla McCurdy
29	30 Sheila Morrison 11-12pm Book Club 1-2:30 pm Line Dancing 6-7pm Yoga	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>			Due to Covid-19 Please remember to wear face mask and always wash your hands Thank you	