Bugbee Senior Center Activities
November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Reservations required for in house meals. Call us before 10:30 to sign up!	**Lunch is served Monday to Friday at Noon**			**1** 9:30: Mahjong 10: Chair Yoga $8 1: Bingo 1: Book Club **Pork Chop**
4 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes $3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine **American Chop Suey**	**5** 10: Yoga Fusion $8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Ford's Theater **Ranch Chicken**	**6** 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Leaf Printing w/ Annette **Meatloaf**	**7** 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness $8 **Chowder & Salad**	**8** 9:30: Mahjong 10: Chair Yoga $8 1: Bingo **Mac & Cheese**
11 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes $3 10: Bridge 12: Veterans Day Lunch 1: High Stakes Bingo 1: Boggle **Chicken Pot Pie**	**12** 10: Yoga Fusion $8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network: FDR **Roast Pork**	**13** 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Galette Class 3: Yoga for Men **Baked Haddock**	**14** 9: Quilting 10:30: Buzz Café 1: Poetry Performance by CJ 1:30: Senior Fitness $8 **Chicken Alfredo**	**15** 9:30: Mahjong 10: Chair Yoga $8 1: Bingo **C&S Pizza**
18 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes $3 10: Bridge 10:30: MSM Mini Trip 11: Memory Café 1: Boggle 1: Bingo **Chicken Parm**	**19** 10: Yoga Fusion $8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Medicare Fraud 2: Senior Learning Network: Chimney Rock **Baked Ham**	**20** 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Winter Wreath Making w/ Barb **Swedish Meatballs**	**21** 9: Quilting 10:30: Buzz Café 12: Thanksgiving Lunch 1: Dartmouth Forte 1:30: Senior Fitness $8 1:30: Visually Impaired Group **Roast Turkey**	**22** 9:30: Mahjong 10: Chair Yoga $8 1: Bingo **Shepherd's Pie**
25 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes $3 10: Bridge 1: Boggle 1: Bingo 1: Thanksgiving Cards **Salisbury Steak**	**26** 10: Yoga Fusion $8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network: Wyoming Vet Museum **Soup & Salad**	**27** 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts **Spag & Balls**	**28** *Closed for Thanksgiving*	**29**