





NOVEMBER 2019

MON	TUE	WED	THU	FRI
	<p style="text-align: center;">Coming in December</p> <p><u>Moods and Foods Workshop</u> 12/5 1PM</p> <p><u>Blood Sugar/Blood Pressure Screenings</u> 12/11 10:30-12:00 PM</p> <p><u>Healthy Baking for the Holidays</u> 12/12 1PM</p>	<p style="text-align: center;">Coming in January</p> <p><u>Franklin Seniors Got Talent Auditions</u> on 1/9 2-5 PM</p> <p><u>Forever 55 Movie</u> on 01/16. Title TBA.</p>	<p style="text-align: center;">Coming in February</p> <p><u>Healthy Snack and Learn "Sodium and Your Health"</u> Presented by Parker on 02/20 1:00 PM.</p> <p><u>Franklin Seniors Got Talent Show</u> on 02/28 5-7 PM.</p>	<p>1.</p> <p>9:00 Functional Fitness (Rm 1)(\$) 9:30 Gentle Yoga (Rm 3) (\$) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30- Tai Chi for Beginners (Rm 1)(\$) 11:00 Chair Yoga (Rm 3) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 12 Noon- Tai Chi Beyond Beginners (Rm 1) (\$) 1:30 PM Swingin Singin Seniors (Rm 3)</p>
<p>4.</p> <p>9:30 Hi-Steppers Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Sit & Fit (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rms 1,2)(\$) 1:30 - 2:30 Ladies Billiards Open Play</p>	<p>5.</p> <p style="text-align: center;">Election Day</p> <p style="text-align: center;"></p> <p style="text-align: center;">(Center is open as a polling location. There are no senior activities).</p>	<p>6.</p> <p>9:30 Hi-Steppers Practice (Rm 1)</p> <p>12:00 Franklin Park Senior Club Meeting</p>	<p>7.</p> <p>8:30a - 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1,2)(\$) 9:30 Walking Club 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2)(\$) 11:45 LaBlast (Rm 1,2) (\$)</p>	<p>8.</p> <p>9:00 Functional Fitness (Rms 1)(\$) 9:30 Gentle Yoga (Rm 3) (\$) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30- Tai Chi for Beginners (Rm 1)(\$) 11:00 Chair Yoga(Rm 3) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 12 Noon- Tai Chi Beyond Beginners (Rm 1) (\$) 1:30 PM Swingin Singin Seniors (Rm 3)</p>
<p>11.</p> <p style="text-align: center;">Veterans Day</p> <p style="text-align: center;"></p> <p style="text-align: center;">(Center is Closed)</p>	<p>12.</p> <p>10:00 Franklin Township Senior Club Meeting</p> <p>1:30 Line Dancing (Rm 3)</p> <p>3:00 Healthy Bones (Rm 3)</p>	<p>13.</p> <p>9:30 Hi-Steppers Practice (Rm 1)</p> <p>12:00 Franklin Park Senior Club Meeting</p> <p style="text-align: center;">9-11 AM Flu Clinic (Free for residents ages 65 and older. Please wear a short sleeved shirt)</p>	<p>14.</p> <p>8:30a - 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1, 2)(\$) 9:30 Walking Club 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$) 11:45 LaBlast (Rm 1,2) (\$)</p>	<p>15</p> <p>9:00 Functional Fitness (Rms 1)(\$) 9:30 Gentle Yoga (Rm3)(\$) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30 Tai Chi for Beginners (Rm 1) (\$) 11:00 Chair Yoga (Rm 3)(\$) 12 Noon- Tai Chi Beyond Beginners (Rm 1) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 1:30 PM Swingin Singin Seniors (Rm 3)</p>
<p>18.</p> <p>9:30 Hi-Stepper Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Sit & Fit (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rms 1,2)(\$) 1:30 - 2:30 Ladies Billiards Open Play</p>	<p>19.</p> <p>10:00 Franklin Township Senior Club Meeting</p> <p>12:00 United Seniors Meeting (Craft Rm)</p> <p>1:30 Line Dancing (Rm 3)</p> <p>3:00 Healthy Bones (Rm. 3)</p>	<p>20.</p> <p>9:30 Hi-Steppers Practice (Rm 1)</p> <p>12:00 Franklin Park Senior Club Meeting</p>	<p>21.</p> <p>8:30a - 4:00p Open Mahjong (Card/Billiards Rms.) 9:30 Zumba Gold (Rms 1, 2)(\$) 9:30 Walking Club 10-4:00 Pinochle (Craft Rm) 10:30 Sit & Fit (Rm 3) 10:40 Yoga Fusion (Rm 1,2) (\$) 11:45 LaBlast (Rm 1,2) (\$)</p> <p style="text-align: center;"><i>Active Shooter Awareness & Response Presentation</i> 1-2:30 PM (Room 3)</p>	<p>22.</p> <p>9:00 Functional Fitness (Rms 1)(\$) 9:30 Gentle Yoga (Rm 3) (\$) 10:00 Senior Advisory Meeting (Craft Rm) 10:05-11:15 Healthy Bones (Rm 2) (County Program)(\$) 10:30 Tai Chi for Beginners (Rm 1) (\$) 11:00 Chair Yoga (Rm 3) (\$) 11:45 Healthy Bones (Rm2)(County program \$) 12:00 Tai Chi Beyond Beginners (Rm 1)(\$) 1:30 PM Swingin Singin Seniors (Rm 3)</p>
<p>25.</p> <p>9:30 Hi-Steppers Practice (Rm 1) 10:00 Yoga Fusion (Rm 2)(\$) 10:30 Parkside Senior Club Meeting- Rm 3 10:30 Sit & Fit (Craft Rm) 12 pm Zumba Gold (Rms 1,2)(\$) 12 pm Knitting/Crocheting Club with Pat (Reading Room) 12:45 -2:00 Healthy Bones (Craft Rm.)(Cty. Prog.)(\$) 1:15 Zumba Gold (Rms 1,2)(\$) 1:30 - 2:30 Ladies Billiards Open Play</p>	<p>26.</p> <p>10:00 Franklin Township Senior Club Meeting</p> <p>1:30 Line Dancing (Rm 3)</p> <p>3:00 Healthy Bones (Rm. 3)</p>	<p>27.</p> <p>9:30 Hi-Steppers Practice (Rm 1)</p> <p>12:00 Franklin Park Senior Club Meeting</p>	<p>28.</p> <p style="text-align: center;">Happy Thanksgiving</p> <p style="text-align: center;"></p> <p style="text-align: center;">(Center is Closed)</p>	<p>29.</p> <p style="text-align: center;"></p> <p style="text-align: center;">(Center is Closed)</p>