

Every SUNDAY **Every MONDAY** **Every TUESDAY** **Every WEDNESDAY** **Every THURSDAY** **Every FRIDAY** **Every SATURDAY**

1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:45 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:00 Autumn World of Walking 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band \$ 12:00 Bridge Tune-Up (<i>Will not meet Nov. 6</i>) 12:00 Men's Poker 1:00 Tuesday Social Bridge (<i>Will not meet Nov. 6</i>) 1:30 Round Dancing \$ (beg) 2:00 Pickleball \$ 2:30 Round Dancing \$ (int) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$, Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 Tap Dancing \$ (beg) 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:00 Tap Dancing \$ (int) 11:30 Canasta 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 1:30 Essentrics \$ 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 * Tai Chi \$ 9:00 * Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , * PrimeTime Fitness \$ 10:30 * Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 * Fun Time Line Dancing (beg) Still Sharp Singers 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux * Line Dancing (adv) 3:00 Bereavement Support Group *Will not meet November 9 (Yard Sale)	1:00 <i>Pickleball</i> \$
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◀ December

KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at thecentercville.org, or visit our Facebook page.

4	5 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko 2:00 Senior Golf Meeting	6 10:00 Bracelets, a Necklace & Beads 10:00 Blood Pressure Screenings 11:00 Hearing Screening 12:00 Try It Out Tuesday	7 9:30 Kingfishers Fishing Club 10:30 Imagine Your Healthiest Self 11:00 Book Group 5:00 Travel Buddies	8 10:00 Investment Visions 2:00 Le Cercle Français 2:00 Backgammon & Cribbage 4:00 Essential Tremor Support Grp	9 10:00 Religion, Science, & Spirituality 12:00 Art - Multimedia Color (cont.) 4:30-6:30 Yard Sale Preview	10 8 am-1 pm Yard Sale
11 1:15 Central Virginia Dowers	12 11:00 Silver Swans Ballet Class 11:00 Caring for Your Wellbeing 1:00 All Things Digital 1:00 Piedmont Pastelists	13 9:00 Good Life Design 10:00 Bracelets, a Necklace & Beads 10:00 Money & You with Jorgen Vik 10:30 Long-Term Care Q&A (by appt. only) 1:00 Taste of Spanish (beg.) 1:30 Art Gallery Talk 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish	14 11:30 Monthly Luncheon \$ 1:30 Senior Statesmen of Virginia	15 10:30 Functional Evaluations: Prevent Problems Before They Start 1:00 Ladies' Poker 3:00 Socrates Cafe	16 10:00 Investors' Forum 12:00 Art - Multimedia Color (cont.)	17
18	19 1:00 Stages of Senior Care 2:00 Bunko	20 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish	21 10:00 Hearing Health 1-4 Legal Consultation (call for appt) Center Closes at 4:30 pm	22 Center Closed for Regular Programming 12:00 Community Thanksgiving Potluck	23 Center Closed	24
25	26	27 10:00 Health Series by Spectrum Physical Therapy 10:00 Bracelets, a Necklace & Beads 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish	28 10:00 Low Vision Support Group 10:00 What am I to Do? The Caregivers Challenge	29 11:00 Town Hall Meeting	30 12:00 Art - Multimedia Color (cont.)	

Every SUNDAY **Every MONDAY** **Every TUESDAY** **Every WEDNESDAY** **Every THURSDAY** **Every FRIDAY** **Every SATURDAY**

1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:45 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:00 Autumn World of Walking 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Tuesday Social Bridge 1:30 Round Dancing \$ (beg) 2:00 Pickleball \$ 2:30 Round Dancing \$ (int) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 Tai Chi \$ 9:30 BeMoved \$ 9:30 Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 Tap Dancing \$ (beg) 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:00 Tap Dancing \$ (int) 11:30 Canasta (<i>Will not meet December 5</i>) 12:00 TOPS , Poker, Pickleball \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ (<i>Will not meet December 27</i>) 10:00 AA , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group (<i>Will not meet December 20 or 27</i>), Financial Counseling (by appt.) 1:30 Essentrics \$ 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 * Fun Time Line Dancing (beg) Still Sharp Singers 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux * Line Dancing (adv) 3:00 Bereavement Support Group *Will not meet December 21 or 28	1:00 <i>Pickleball</i> \$
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◀ November

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2 3:00 Holiday Band Concert	3 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko	4 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday	5 9:30 Hats-N-Mittens Party 11:00 Book Group 2:00 Accreditation Celebration 5:00 Travel Buddies 5:00 Cooking Demo with UVA Interns	6 10:45 Parkinson's Caregiver Support Group 11:00 To Salt or Not to Salt 1:00 Ladies' Poker 3:00 Socrates Cafe 7:00 Flute Choir & Ensemble	7 10:00 Investors' Forum 10:00 Writing for Pleasure Coffeehouse	1
9	10 11:00 Silver Swans Ballet Class 1:00 Piedmont Pastelists	11 9:00 Good Life Design 10:00 Money & You w/ Jorgen Vik 10:30 Long-Term Care Q&A (by appt. only) 12:30 Wreath Making \$ 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish 5:00 Wreath Making \$	12 10:00 Hearing Health 11:30 Monthly Luncheon \$ 12:30 Still Sharp Singers Concert 1:30 Senior Statesmen of Virginia	13 10:00 Investment Visions 10:00 Creating a Bird-Friendly Environment 2:00 Backgammon 2:00 Le Cercle Français 4:00 Essential Tremor Support Grp	14 10:00 Religion, Science, and Spirituality	8
16	17 2:00 Bunko	18 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish 2:00 Town Hall Meeting 3:15 Keeping Up Your Spanish Center Closes at 4:30 pm	19 10:00 Hearing Health Center Closes at 4:30 pm	20 1:00 Ladies' Poker 3:00 Socrates Cafe Center Closes at 4:30 pm	21 10:00 Investors' Forum	15
23	24 Center Closed	25 Center Closed	26 10:00 Low Vision Support Group 1-4 Legal Consultation (call for appt) Center Closes at 4:30 pm	27 10:00 Investment Visions 2:00 Backgammon 2:00 Le Cercle Français Center Closes at 4:30 pm	28	22
30	31					29