

## Activities

### Lunch Served Daily

Monday-Friday: 11:15am-12:30pm

### MAP - Medicare Counseling

Monday: 10am-2pm

Wednesday: 10am-12pm

### Texas Hold 'Em

Monday-Friday: 8am-10am

### Stretch & Tone Exercise

Monday, Wednesday, and Friday:  
9am-10am

### Bingo

Monday, Wednesday, and Friday:  
12pm-1:30pm

### Catholic Charities Benefit

### Enrollment

Wednesday 10am-12pm

### Bean Bag Baseball

Tuesday & Friday: 1:30pm-4pm

### Ukulele Group

Monday: 1pm-3pm

### Crochet Club

Tuesday: 9am-11am

### Grumpy Old Men -Big Band Live

Wednesday: 10:15am-11:30am

### Scrabble

Wednesday: 10am-1pm

### Mahjong

Thursday: 12pm-3pm

### Line Dancing and Lessons

Thursday: 1pm-3:30pm

### Jus' Right -Hawaiian Music Live Band




Friday: 10am-12pm



HUMAN SERVICES  
AGENCY

# NOVEMBER 2024

## Washoe County Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Senior Coalition Meeting 8:30am
4	5	6	7	8
Blood Pressure Clinic 10am-12pm Poetry Workshop 1:00 - 2:00pm		Senior Advisory Board Meeting 3:00pm - 5:00pm Ballroom Dancing 12:30PM -1:30pm		
11	12	13	14	15
Senior Center Closed in Observance of Veterans' Day 		Leathercrafting 10:00am - 11:30am Ballroom Dancing 12:30pm - 1:30pm		
18	19	20	21	22
Blood Pressure Clinic 10am - 12pm	Assistance League Food Pantry 8am POA/Estate Planning 11am-12pm	Restorative Boxing 12:30pm - 1:30pm	Food Bank N. NV 8am-10am Paint and Sip 10:00am -1:30am	Birthday Friday! 
25	26	27	28	29
Blood Pressure Clinic 10am-12pm AARP Safe Driving 12:00 - 4:00pm		Ballroom Dancing 12:30pm - 1:30pm	Senior Center Closed for Thanksgiving Day 	Senior Center Closed for Family Day 