



# SENIOR CENTER at MAPLE HALL

All Ages Welcome!!



## TUESDAYS in NOVEMBER

NOTE: Except for Mah jongg and Canasta,

### **ALL REGULAR ACTIVITIES CANCELLED NOVEMBER 5**

for Medicare Open Enrollment and our Maker's Market

- 8:30-9:30 ZUMBA! with Jennifer.** Music and fitness fun to start your day. First session FREE.
- 9:00-11:30 MAH JONGG** Observe or join our enthusiasts of this challenging game.
- 9:30-11:30 STONE SOUP DISCUSSION GROUP** Explore a variety of thought-provoking topics.
- 9:30-11:30 CANASTA** A fun group enjoys this time-honored card game of teamwork.
- 9:30-12:00 WOOD CARVING GROUP:** Join with woodcarving enthusiasts to work on projects, and share techniques. Newcomers welcome to observe or try it out.
- 10:00-11:30 BRAINSTORMIN'** Test your vocabulary with a challenging game of Scrabble!
- 10:30-11:30 TAI CHI DEMONSTRATION NOVEMBER 12:** Learn mindful movement to improve coordination and focus. Introduction to a new Senior Center offering.
- 11:30-12:00 OPEN MEETING NOVEMBER 19. Find out what's happening with YOUR Center!**
- 12:00-12:30 LUNCH** Pack up your brown bag lunch and visit with friends every Tuesday.
- 1:00-2:00 STRENGTH AND BALANCE EXERCISE CLASS** Appropriate for all activity levels. First session FREE.
- 2:00-3:30 STITCHERS 'N CRAFTERS:** Join to work on projects and share ideas.
- 2:00-4:00 NON-FICTION CREATIVE WRITING CLASS:** Published author Claire Swedberg leads a diverse and enthusiastic group in writing personal stories from interesting and unexpected points of view. **Contact Claire at 360-466-0271 to pre-register.**
- 2:30-4:00 CLIMATE CHAT NOVEMBER 12:** Sort out the facts from the hype regarding climate issues and learn what YOU can do to help the environment.

## THURSDAY NOVEMBER 14 ONLY !!!

- 8:30-9:30 ZUMBA! with Jennifer.**  
Music and fitness fun to start your day. First session FREE.
- 10:00-11:00: STRENGTH AND BALANCE EXERCISE CLASS**  
Appropriate for all activity levels.



### HAIRCUTS by MARIANNE NOVEMBER 12 9:00a-12:00

- Former local salon owner provides top notch haircuts \$15
- Call for an appointment (360) 540-2124

**WEATHER REMINDERS:** As winter approaches, reminder that the Senior Center follows the LA CONNER SCHOOL DISTRICT FOR WEATHER-RELATED CLOSURES.

If the School District is **CLOSED OR DELAYED**, the Senior Center will be **CLOSED**.

In addition, if you are on the Senior Center email list you will receive an email for any closures or schedule changes for any reason. To get on the list simply send an email to [SeniorCenter@townoflaconner.org](mailto:SeniorCenter@townoflaconner.org)