



# Colonial Heights Senior Activities Center

157 Roanoke Ave



Senior Center 520-9220

Transportation 520-9219

## November 2018 Ongoing Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30 Muscles in Motion 9:30 Bowling (offsite) 9:30 Tai Chi at Library 10:00 Strength & Stretch 11:00 Pickleball at SCB 1:00 Adult Coloring 3:00 Tech Savy (sign up)	9:00 Yoga 9:15 Tap Dancing Grannies 10:00 & 11:00 Sit & Let's Get Fit 11:00 Meditation** 11:00 BUNCO 12:00 Lunch (CDAAA provides) 1:30 Water Ex. at HCC(\$) 1:00 Bingo 3:00 Open Sewing	8:30 Muscles in Motion 10:00 Strength & Stretch 10:00 Crochet & Knit from the ♥ 11:00 Line Dancing 11:00 Pickleball at SCB 12:00 Party Bridge	9:00 Yoga 9:30 Sing A Long 10:00 & 11:00 Sit & Let's Get Fit 11:00 Game Central 12:00 Lunch (Center provides) 1:15 Senior Citizens Club Mtg 2:00 Watercolor Class (\$)	8:30 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball at SCB 1:00 Scrabble	

## November 2018 Special Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 4 Christmas Parade December 5 Riverside December 7 Jefferson Tea December 8 Tea & Tidings at Pamplin Park December 10 Williamsburg Outlets and Winery December 12 Lunch Bunch at Center December 14 Senior Dance				1 12:45-1:15p BP screening	2 5:30-9:00p Colorful Creations Open Paint	3
4	5	6 <i>ELECTION Day</i> No Tap Dancing or Meditation Classes	7 2:30p Holiday Wreath Making Class—register	8	9 5:30-9:00p Colorful Creations Open Paint 7p Senior Dance	10
11 	12 CLOSED	13	14 11am Departure Lunch Bunch at Nanny's	15	16 5:30-9:00p Colorful Creations Open Paint	17
18	19 4pm Senior Advisory Board Meeting	20 9:30 – 10:00a BP screening 11a Meditation Class	21	22 <i>CLOSED</i>	23 <i>CLOSED</i> 	24
25	26	27 3p Quilts for Vets	28	29	30 5:30-9:00p Colorful Creations Open Paint	