

NOVEMBER 2024 SENIOR CENTER PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
				11/1 9:00 Yoga 10:30 Medicare 101 Workshop 12:00 Lunch Club 60 2:00 Square Dancing
11/4 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	11/5 9:00 Zumba Gold 10:30 Balance 12:00 European Cuisine Luncheon 12:30 **Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/6 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	11/7 9:00 Zumba Gold 9:30 **Tech w/Ginny 10:15 Fairport Museum Trip 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/8 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
11/11 Veteran's Day No Lunch Club 60 Classes Canceled	11/12 9:00 Zumba Gold 10:30 Balance 12:30 **Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/13 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 11:15 Feldenkrais Method 12:00 Lunch Club 60- Thanksgiving Meal 1:15 Get Fit & Stress Less	11/14 9:00 Zumba Gold 9:00 **AARP Driver's Safety 9:30 ** Tech w/Ginny 10:30 Movie & Pizza- Annie 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/15 9:00 Yoga 12:00 Lunch Club 60 2:00 Square Dancing
11/18 9:00 Yoga 10:00 Arthritis Exercise 12:00 Lunch Club 60 12:45 Online Balance Class	11/19 9:00 Zumba Gold 10:30 Balance 12:00 Thanksgiving Feast Luncheon 12:30 **Living Healthy Workshop 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/20 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	11/21 9:00 Zumba Gold 9:00 **AARP Driver's Safety 9:30 **Tech w/Ginny 10:00 Eastman House 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/22 9:00 Yoga 9:30 Craft Club 12:00 Lunch Club 60 2:00 Square Dancing
11/25 9:00 Yoga 9:30 NIA 10:00 Arthritis Exercise 12:00 Lunch Club 60	11/26 9:00 Zumba Gold 10:30 Balance 1:00 Tai Chi 2:00 Tai Chi (Adv)	11/27 9:30 Beg Line Dance 10:00 Arthritis Fitness 10:30 Adv Line Dance 12:00 Lunch Club 60 1:15 Get Fit & Stress Less	11/28 CLOSED FOR THANKSGIVING	11/29 CLOSED FOR THANKSGIVING

[See the Senior Programs brochure for program details](#)

Pittsford Senior Center - (585) 248-6235

** By Appointment / Reservation Only