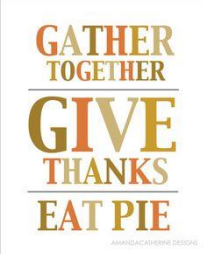



# November 2018

# Senior Activities-YMCA of McDonough County

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Phone Numbers for Meal Sites</b></p> <p>Macomb 837-5733                      Bushnell 772-2279                      Colchester 776-4366                      Industry 255-7626</p>	<p><b>Water Fitness Classes appropriate for Seniors:</b></p> <p>M/W/F-Water Workout at 1:30pm                      T/Th-Water Walking at 9:15am                      T/Th-Arthritis/Mobility at 10am                      Seniors 65+ can walk the track for \$1</p>		<p>8:00 Master Builders                      11:30 Lunch                      1:00 Line Dancing                      5:00 Pitch Potluck                      5:30 Pitch</p>	<p><b>Lifelong Learning Institute @ Spoon River College</b>                      8:00 Pilates w/ Heather                      10:00 Balance Stretch Strength                      11:30 Lunch  <b>1:30 Rules of the Road</b></p>
<p>8:00 Pilates w/ Heather                      10:00 Balance Stretch Strength                      11:30 Lunch</p>	<p>8:00 Master Builders                      11:30 Lunch  <b>12:15 Macomb Senior Citizens' Annual Meeting</b>  <b>12:30 Canasta</b>                      4:00 Kneedlers</p>	<p>10:00 Balance Stretch Strength                      11:30 Lunch                      12:30 Scrabble and <b>Pinochle</b></p>	<p>8:00 Master Builders                      11:30 Lunch                      1:00 Line Dancing                      5:30 Pitch</p>	<p>8:00 Pilates w/ Heather  <b>9:30 Card Construction*</b>                      10:00 Balance Stretch Strength                      11:30 Lunch  <b>1:00 Fun Shooting Pool!</b></p>
<p>8:00 Pilates w/ Heather                      10:00 Balance Stretch Strength                      11:30 Lunch  <b>2:00 Caregiver Support Group</b></p>	<p>8:00 Master Builders                      11:30 Lunch  <b>12:30 Mexican Train</b>                      4:00 Kneedlers</p>	<p>10:00 Balance Stretch Strength  <b>10:45 Blood Pressure by Wesley Village</b>                      11:30 Lunch  <b>12:00 A Matter of Balance</b>                      12:30 Scrabble and <b>Bridge</b></p>	<p>8:00 Master Builders                      11:30 Lunch                      1:30 Line Dancing                      5:30 Pitch</p>	<p>8:00 Pilates w/ Heather  <b>9:00-3:00 November Open Enrollment Event</b>                      10:00 Balance Stretch Strength                      11:30 Lunch</p>
<p><b>Birthday Bash!</b>                      11:30 Birthday Bash Lunch  <b>12:30 Bingo! By Wesley Village</b>  <b>4:30-7:00 YMCA Pasta Palooza! American Legion</b></p>	<p>11:30 Lunch  <b>12:30 Canasta</b>                      4:00 Kneedlers</p>	<p>11:30 Lunch                      12:30 Scrabble and <b>Pinochle</b></p>	 YMCA CLOSED	<p>Senior Center Offices Closed</p> <p>Home-Delivered Meals for Macomb Only</p>
<p>8:00 Pilates w/ Heather                      10:00 Balance Stretch Strength                      11:30 Lunch</p>	<p>8:00 Master Builders                      11:30 Lunch  <b>12:30 Mexican Train</b>                      4:00 Kneedlers</p>	<p>10:00 Balance Stretch Strength                      11:30 Lunch                      12:30 Scrabble and <b>Bridge</b></p>	<p>8:00 Master Builders                      11:30 Lunch                      1:00 Line Dancing                      5:30 Pitch</p>	<p>8:00 Pilates w/ Heather                      10:00 Balance Stretch Strength                      11:30 Lunch  <b>1:00 Fun Shooting Pool</b></p>

\*Please register for program/lunch by calling the Senior Center Office at 309-837-5733. If a meal needs to be cancelled please do so by 1pm the preceding day.