

NOVEMBER 2023

NOVEMBER 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: #FFD700; padding: 10px; border: 1px solid black;"> <p>To register for a program, call the Senior Center at 973-635-4565 or register online at MyActiveCenter.com (use your keycard to set up a user account)</p> </div>		<p>1</p> <p>9:00 Hatha Yoga (<i>int.</i>) 10:00 Beginner Bridge 10:00 Pickleball 12:30 Table Tennis 12:45 Gentle Chair Yoga 1:00 Nifty Knitters 1:00 "GOING, GOING, GONE" HISTORICAL PRESENTATION</p>	<p>2</p> <p>10:00 Pickleball 10:00 Dup. Lite Bridge 10:00 Watercolor Class 10:30 Alzheimer's Caregiver Support Grp 12:20 Balance, Flex & Stretch (<i>gentle</i>) 12:30 Table Tennis (beg.) 12:30 Movie</p>	<p>3</p> <p>9:00 Low Impact Cardio (<i>int.</i>) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:30 Table Tennis 12:30 Pickleball 1:00 Beg. Mah Jongg</p>
<p>6</p> <p>10:00 Men's basketball 10:00 Canasta 11:00 Chess Club 11:00 Beginner Italian 12:00 Tai Chi 12:30 Table Tennis 1:00 Int. Italian 1:30 Line Dancing</p>	<p>7</p> <p>9:00 Balance, Flex & Stretch (<i>int.</i>) 10:00 Grief Support (<i>closed</i>) 10:00 Pickleball 10:30 Documentary 11:00 BAGELS WITH FYZICAL THERAPY 12:20 Gentle Stretch 12:30 Table Tennis (beg.) 12:30 Grief Support (<i>new</i>) 1:00 Women's Circle</p>	<p>8</p> <p>9:00 Hatha Yoga (<i>int.</i>) 10:00 Beginner Bridge 10:00 Pickleball 10:00 FUNDAMENTALS OF DRAWING 12:30 Table Tennis 12:45 Gentle Chair Yoga 1:00 Nifty Knitters 1:00 NUTRITION FOR VITALITY & HEALTHY BONES</p>	<p>9</p> <p>10:00 Pickleball 10:00 Dup. Lite Bridge 10:00 Watercolor Class 12:00 VETERANS DAY PATRIOTIC CELEBRATION 12:20 Balance, Flex & Stretch (<i>gentle</i>) 12:30 Table Tennis (beg.) 5pm – DINNER OUT – El Rancharo, Chatham</p>	<p>10</p> <p>9:00 Low Impact Cardio (<i>int.</i>) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:30 Table Tennis 12:30 Pickleball 12:30 Movie 1:00 Open Play Mah Jongg (<i>no instruction</i>)</p>
<p>13</p> <p>10:00 Men's basketball 10:00 Canasta 11:00 Chess Club 11:00 Beginner Italian 12:00 Bingo with Lisa 12:00 Tai Chi 12:30 Table Tennis 1:00 Int. Italian 1:30 Line Dancing</p>	<p>14</p> <p>9:00 Balance, Flex & Stretch (<i>int.</i>) 9:30 AARP SAFE DRIVING COURSE, PART 1 10:00 Grief Support (<i>closed</i>) 10:00 Pickleball 10:30 Documentary 12:20 Gentle Stretch 12:30 Table Tennis (beg.) 12:30 Grief Support (<i>new</i>) 1:00 Women's Circle</p>	<p>15</p> <p>9:00 Hatha Yoga (<i>int.</i>) 10:00 Beginner Bridge 10:00 Pickleball 12:30 Table Tennis 12:45 Gentle Chair Yoga 1:00 Nifty Knitters 1:00 CLASSICAL MUSIC CONCERT</p>	<p>16</p> <p>10:00 Pickleball 10:00 Dup. Lite Bridge 10:00 Watercolor Class 11:00 Crafters Corner 11:45 BP Screening 12:00 Nov. Birthdays 12:20 Balance, Flex & Stretch (<i>gentle</i>) 12:30 Table Tennis (beg.) 12:30 Movie</p>	<p>17</p> <p>9:00 Low Impact Cardio (<i>int.</i>) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:00 GARDEN CLUB HOLIDAY ARRANGEMENT 12:30 Table Tennis 12:30 Pickleball 1:00 HOLIDAY BLUES DISC. (online) 1:00 Beg. Mah Jongg</p>
<p>20</p> <p>10:00 Men's basketball 10:00 Canasta 11:00 Chess Club 12:00 Tai Chi 12:30 THANKSGIVING SANDWICH LUNCH 12:30 Table Tennis 1:30 Line Dancing</p>	<p>21</p> <p>9:00 Balance, Flex & Stretch (<i>int.</i>) 9:30 AARP SAFE DRIVING COURSE, PART 2 10:00 Grief Support (<i>closed</i>) 10:00 Pickleball 10:30 Documentary 12:20 Gentle Stretch 12:30 Table Tennis (beg.) 12:30 Grief Support (<i>new</i>) 1:00 Women's Circle 1:45 Fiction Book Group</p>	<p>22</p> <p>9:00 Hatha Yoga (<i>int.</i>) 10:00 Beginner Bridge 10:00 Pickleball 11:00 SOCIAL MEDIA & INSTAGRAM TIPS 12:30 Table Tennis 12:45 Gentle Chair Yoga 1:00 Nifty Knitters 1:00 CELEBRATING WOMEN PRE & POST THE AMERICAN REVOLUTION</p>	<p>23 24</p> <p style="font-size: 1.5em; color: #FFD700;">Happy Thanksgiving</p>  <p style="font-size: 1.5em; color: #FFD700;">Center Closed</p>	
<p>27</p> <p>10:00 Men's basketball 10:00 Canasta 11:00 Chess Club 12:00 Bingo with Lisa 12:00 Tai Chi 12:30 Table Tennis 1:00 Nonfiction Book Grp 1:30 Line Dancing</p>	<p>28</p> <p>9:00 Balance, Flex & Stretch (<i>int.</i>) 10:00 Grief Support Grp (<i>closed</i>) 10:00 Pickleball 10:00 Documentary (note early start time) 12:20 Gentle Stretch 12:30 Table Tennis (beg.) 12:30 Grief Support (<i>new</i>) 1:00 Women's Circle 2:00 MORRIS COUNTY D.A. SENIOR FRAUD PREVENTION</p>	<p>29</p> <p>9:00 Hatha Yoga (<i>int.</i>) 10:00 Beginner Bridge 10:00 Pickleball 12:30 Table Tennis 12:45 Gentle Chair Yoga 12:45 Play Reading 1:00 Nifty Knitters</p>	<p>30</p> <p>10:00 Pickleball 10:00 Dup. Lite Bridge 12:20 Balance, Flex & Stretch (<i>gentle</i>) 12:30 Table Tennis (beg.) 12:30 HOLIDAY PARTY #1</p>	