Senior Center of the Chathams
Be Active. Be Connected.

Monday	Tuesday	Wednesday	Thursday	Friday
NOV. 30 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club **11:00 HOLIDAY CHALLENGE GAME** **12:00 Bingo** 12:00 Tai Chi 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	**1** 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	2 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **11:00 CHANUKKAH HOLIDAY EVENT** **11:45 Free BP Screening** **12:00 CRAFT CLASS WITH LIBRARY: DECOUPAGE COASTERS** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**~~3~~** 10:00 Pickleball 10:00 Intermediate Bridge 10:00 Advanced Watercolor Class** **10:30 ALZHEIMER'S NJ Caregiver Support Group***** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie	**4** 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
7 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club **11:00 HOLIDAY CHALLENGE GAME** 12:00 Tai Chi **12:00 Bingo** 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play **1:00 END OF YEAR HOUSEHOLD FINANCIAL TIPS**	**8** 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	**9** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **11:00 HOLIDAY PARTY** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**10** 10:00 Pickleball 10:00 Duplicate Lite 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie	**11** 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong

*This support group is at capacity. Please call to sign up for the morning session.
**Class is at capacity.
***Must register first at www.alznj.org to attend. No walk-ins.

December

Senior Center of the Chathams
58 Meyersville Road (lower level), Chatham, NJ
973-635-4565
chathamseniorcenter.or
Weekdays, 9AM-3PM, Tuesdays until 4PM

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Monday	Tuesday	Wednesday	Thursday	Friday
14 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club **11:00 HOLIDAY CHALLENGE GAME** 12:00 Tai Chi 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play **1:30 SUPER AGERS** 1:30 Line Dancing	**15** 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Writing Workshop (Z) 10:00 Grief Support Group 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 1:15 Pickleball 2:00 Table Tennis (beg.) 2:00 Open Cards	**16** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support **11:00 BEGINNER WATERCOLOR CLASS: HOLIDAY THEME** 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**17** 10:00 Pickleball 10:00 Intermediate Bridge 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) **12:30 Classic Movie & Discussion**	**18** 9:00 Stable & Able Exercise (Int.) 10:00 Men's Basketball 10:00 Self Discovery 11:00 Fundamentals of Storytelling Writing Workshop 10:30 Men's Disc. Group 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
21 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club **11:00 HOLIDAY CHALLENGE GAME** 12:00 Tai Chi 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play	**22** 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	**23** 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 Beginner Mahjong Mentor-Guided Open Play	**24** Center closed for the holidays. Reopens Jan. 4. 	**25**

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