

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Please call the Center (207-967-8514) or email Dori at info@seniorcenterkennebunk.org to register or FMI.				
	1 9:00 Men's Social Group – Coffee & Chat 10:00 Mindfulness with Nancy 10:00 Coffee with a Cop 10:00 Art Workshop 1:00 French Club 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	2 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group Closed at 12:00 for Fashion Show Prep 4:00 Fall into Winter Fashion Show at the Nonantum	3 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Extended Care/Long Term Care with Suzanne 1:00 Cribbage	4 9:00 Open House 10:00 Knitting 1:00 Cribbage
7 9:00 Keep it Legal with Milda Castner, Esq. 9:30 Spunky Spades Bridge 11:00 Punch Needle Class with Diane 11:30 “How to Dress the Body you Have” with Julie Cunningham 12:30 Merry Maidens Bridge 1:00 Beginner Cribbage Class with Marlene 1:30 Hand and Foot	8 9:00 Men's Social Group – Coffee & Chat 10:00 Mindfulness with Nancy 10:00 Art Workshop 1:00 Center Singers 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	9 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group Closed at 12:00	10 Closed for Staff Training	11 Veteran's Day - Closed
14 9:30 Spunky Spades Bridge 11:00 Punch Needle Class with Diane 12:30 Merry Maidens Bridge 1:30 Hand and Foot	15 9:00 Men's Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:30 “Why Aetna?” - Medicare Session with Kathy Kotakis 1:00 French Club 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	16 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 12:00 Free Blood Pressure Checks 1:00 American Mahjong Group 1:00 Cribbage	17 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 3:00 Discover Ireland	18 9:00 Open House 10:00 Knitting 1:00 Luncheon 1:00 Cribbage

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Monday	Tuesday	Wednesday	Thursday	Friday
21 9:30 Spunky Spades Bridge 11:00 Punch Needle Class with Diane 12:30 Merry Maidens Bridge 1:00 Medicare Meet & Greet with Trina Moskal 1:30 Hand and Foot 3:00 Tech Support	22 9:00 Men's Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 1:00 Center Singers 1:30 BINGO	23 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 1:00 American Mahjong Group 1:00 Cribbage Closed at 3:00	24 Thanksgiving - Closed	25 Thanksgiving - Closed
28 Closed for Holiday Fair Prep	29 10:30 "Why United Healthcare?" - Medicare Session with Kathy Kotakis Closed for Holiday Fair Prep	30 Closed for Holiday Fair Prep		