

November 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Game Day 10:00-11:45 am	2
3	4 Chair Yoga class 9:30-10:30 am	5 Pound Fit class 10:00-11:00 am Men's group 2:00-3:00 pm Election Day – vote!	6 Defensive Driving class 1:00-5:00 pm	7 Tai Ji class 2:00-3:00 pm	8 Poetry group 9:30-10:30 am Blood pressure: Berry 10:30-11:30 am	9
10	11 Chair Yoga class 9:30-10:30 am	12 Pound Fit class 10:00-11:00 am Tai Ji class 2:00-3:00 pm	13 Lunch Bunch Noon-1:00 pm	14 Handiwork group 10:00 am-noon Tai Ji class 2:00-3:00 pm	15	16
17	18 Chair Yoga class 9:30-10:30 am	19 Pound Fit class 10:00-11:00 am Tai Ji class 2:00-3:00 pm Blood pressure: Seal 3:00-3:45 pm	20	21 Tai Ji class 2:00-3:00 pm Equal Portions Noon-1:30pm	22	23
24	25 Chair Yoga class 9:30-10:30 am	26 Pound Fit class 10:00-11:00 am Game Day 10:00-11:45 am Tai Ji class 2:00-3:00 pm	27	28 Thanksgiving	29	30

ACTIVITES DETAILS:

- ☐ **Chair Yoga class:** Online class from 9:30-10:30 am; call office or e-mail sc@sapaseniors.org for Zoom link.
- ☐ **Defensive Driving class:** In person 55+ defensive driving class from 1:00-5:00 pm. At 2200 Hillside Ave. Call office or e-mail sc@sapaseniors.org to register.
- ☐ **Equal Portions:** Catered lunch and presentation series. Noon-1:30 pm. At **St. Matthew's Episcopal**, 2136 Carter Ave. Contact office to register by Nov 13.
- ☐ **Game Day:** Coffee and board games. 10:00-11:45 am. At 2200 Hillside Ave.
- ☐ **Handiwork group:** 10:00 am-noon. At **SAP Library**, 2245 Como Ave. Contact office for more information.
- ☐ **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail sc@sapaseniors.org for Zoom link.
- ☐ **Men's group:** 2:00-3:00 pm. At 2200 Hillside Ave. Contact office for more information.
- ☐ **Poetry group:** 9:30-10:30 am. At 2200 Hillside Ave. Contact office for more information.
- ☐ **Pound Fit class:** 10:00-11:00 am. At 2200 Hillside Ave. E-mail sc@sapaseniors.org to register.
- ☐ **Tai Ji Quan class:** 2:00-3:00 pm. At **Lauderdale City Hall**, 1891 Walnut St. Email vc@sapaseniors.org to register.