



# Naples Senior Center | November 2021

Mon	Tue	Wed	Thur	Fri
<b>1</b> 9:45 Richards Simmons DVD 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Arts & Crafts 3:00 Drum Circle	<b>2</b> 9:45 Total Fitness w/ Grace 10:00 Needleworks 11:30 Simple Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: Lesson 5 3:00 Sing Along	<b>3</b> 9:45 Weights & Bands Exercise 1:00 Tech Assistance 1:00 Movie: <i>The Waterman</i> 2:00 Exploring the Mayan World 3:00 HUGS; Happy Ukulele Group	<b>4</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:30 Advanced Tai Chi 1:00 Origami 3:00 Line Dancing	<b>5</b> 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games
<b>8</b> 9:45 Richards Simmons DVD 10:00 Get to the Needlepoint 11:00 Chair Yoga DVD 1:00 Imaginative Art from the Heart 3:00 Musical Monday w/ Peggy Keller	<b>9</b> 9:45 Total Fitness w/ Grace 10:00 Needleworks 11:30 Simple Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: Lesson 6 3:00 Sing Along	<b>10</b> 9:45 Weights & Bands Exercise 1:00 Puzzles 1:00 Movie: <i>Like Father</i> 2:00 Exploring the Mayan World 3:00 HUGS; Happy Ukulele Group	<b>11</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:30 Advanced Tai Chi 1:00 Recipe Room 3:00 Line Dancing	<b>12</b> 9:45 Chair Yoga 10:00 Choir Practice 11:00 Simple Tai Chi Level 2 <b>12:00-2:00</b> Cards & Games 12:30 Tech Assistance  <i>NSC Closing Early for Open House at New Oakes location from 3-5p!</i>
<b>15</b> 9:45 Richards Simmons DVD 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Creative Cards w/ Delores 3:00 Where Do You Get Your Energy? Extroverts vs Introverts	<b>16</b> 9:45 Total Fitness w/ Grace 10:00 Needleworks 11:30 Simple Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: Lesson 7 3:00 Sing Along	<b>17</b> 9:45 Chair Exercise DVD 1:00 Tech Assistance 1:00 Movie: <i>The Starling</i> 2:00 Exploring the Mayan World 3:00 HUGS; Happy Ukulele Group	<b>18</b> 9:45 Chair Exercise DVD 10:00 Guy Time 11:30 Advanced Tai Chi 1:00 Book Club 1:00 VIP – Veterans in Paradise 3:00 Line Dancing	<b>19</b> 9:45 Chair Yoga 10:00 Acrylic Art w/ Robyn 11:00 Simple Tai Chi Level 2 12:30-3:30 Cards & Games
<b>22</b> 9:45 Richards Simmons DVD 10:00 Get to the Needlepoint 11:00 Chair Yoga DVD 1:00 Imaginative Art from the Heart 3:00 Musical Monday w/Dottie & Bruce	<b>23</b> 9:45 Total Fitness w/ Grace 10:00 Needleworks 11:30 Simple Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions</a> 1:30 Beginner Spanish: Lesson 8 3:00 Sing Along	<b>24</b> 9:45 Weights & Bands Exercise 1:00 Movie: <i>Always Be My Maybe</i> 1:00 Puzzles 2:00 Exploring the Mayan World 3:00 HUGS; Happy Ukulele Group	<b>25</b> CLOSED FOR THANKSGIVING  	<b>26</b> CLOSED FOR HOLIDAY
<b>29</b> 9:45 Richards Simmons DVD 10:00 Art by You – Watercolor & DIY 11:00 Chair Yoga DVD 1:00 Puzzles 3:00 Drum Circle	<b>30</b> 9:45 Total Fitness w/ Grace 10:00 Needleworks 11:30 Simple Tai Chi 12:00 Current Events Group <a href="#">1:00 Artistic Expressions Zoom</a> 1:30 Beginner Spanish: Lesson 9 3:00 Sing Along		<b>5025 Castello Drive</b> <b>Naples, FL 34103</b> <b>239-325-4444</b>  <a href="https://www.naplesseniorcenter.org/senior-center/">https://www.naplesseniorcenter.org/senior-center/</a>	 <b>NAPLES SENIOR CENTER</b> <small>A NEW ERA FOR SENIORS</small>