

Daily Activities

Monday

Library & Computer Lab 9:00-1:00 pm

Lunch (except Nov. 21st See Special Events) 11:30-1:00 pm

Ping Pong 3:00-4:00 pm

Tuesday

Library & Computer Lab 9:00-1:00 pm

Lunch 11:30-1:00 pm

Bingo 1:30-2:30 pm

Wednesday

Library & Computer Lab 9:00-1:00 pm

Lunch 11:30-1:00 pm

Intermediate Line Dancing with Sue 2:15-4:00 pm

Thursday

All HSRC programs will be Closed November 24th

Library & Computer Lab 9:00-1:00 pm

Drive thru Distribution 11:30-12:15 pm

Friday

All HSRC programs will be Closed November 11th

All HSRC programs will be Closed November 25th



November 2022 Special Events

Nov. 4th Chi Gong & Sun Style Tai Chi for arthritis
10:00-11:00am

Nov. 10th Chair Yoga 2:00-3:00pm
Please bring a yoga mat if you have one.

All HSRC programs will be Closed November 11th

Nov. 16th Commodities Distribution 10:00am-11:30am

Nov. 17th Chair Yoga 2:00-3:00pm
Please bring a yoga mat if you have one.

Nov. 18th Chi Gong & Sun Style Tai Chi for arthritis
10:00-11:00am

Nov. 21st Dining Center Closed Drive thru Distribution
instead

Nov 22nd Stamp Club 6:00-9:00pm

All HSRC programs will be Closed November 24th & 25th

Chair Yoga

Chair Yoga starts November 10th. Chair yoga, a moving meditation, takes you through a series of gentle seated poses. Linking breath to movement, quieting the mind, and nourishing the body. Please bring a yoga mat if you have one.

Chi Gong & Sun Style Tai Chi for arthritis

This class is formulated to enhance strength, flexibility, and balance. Class is structured for all levels of abilities and can also be practiced seated.

Cribbage

We are looking to start a cribbage group. The group has a leader who is willing to teach beginners how to play. For more information call Launa Salsbery at 443-9747 ext. 1241

Come join us for lunch

Mon	Tues	Wed
	1 Chicken Cacciatore	2 Apple Filled Pancake
7 Chicken Fried Steak	8 Stuffed Cabbage	9 Meat Loaf
14 Chicken w/ Fire Roasted Tomato	15 Vegetarian Egg Bake	16 Roast Turkey w/ Gravy Holiday Meal
21 Drive Thru Distribution	22 Cheese Manicotti	27 BBQ Pork Rib
28 Meat Lasagna	29 Chinese Chicken Salad	30 Clam Chowder