

HSRC Eureka Daily Activities – Nov 2024

Mondays

Library & Computer Lab 9:00am - 1:00pm
 Tech Support 11:00am – 1:00pm
 Lunch 11:30am – 12:30pm
 Musical talents Stan and Bob 12:30– 1:30pm
 Qi Gong 2:00 - 3:00pm
 Ping Pong 3:00 - 4:00pm

Tuesdays

Library & Computer Lab 9:00am - 1:00pm
 Lunch 11:30am – 12:30pm
 Mahjong 1:00 - 3:30pm
 Bingo 1:30 - 3:30pm
 Ping Pong 3:00 - 4:00pm

Wednesdays

Library & Computer Lab 9:00am - 1:00pm
 Qi Gong 9:30am - 10:30am
 Lunch 11:30am – 12:30pm
 Musical talents Stan and Bob 12:30– 1:30pm
 Cribbage 1:00 - 3:00pm
 Intermediate Line Dancing 2:15 - 4:00pm

Thursdays

Library & Computer Lab 9:00am - 1:00 pm
 Lunch 11:30am – 12:30pm

Fridays

Library & Computer Lab 9:00am - 1:00pm
 Chi Gong & Sun Style Tai Chi 10:00 - 11:00am
 Falun Dafa Yoga (bring yoga mat) 12:30 – 1:30pm
 Board/Card Games 1:00 - 3:30pm
 Self Defense for Seniors 2:15 - 3:15pm

More Activities

Nov. 10 Caregiver Support Group 9:30 – 11:30am
 Nov. 20 Commodities Distribution 10 – 11:30am
 Nov. 20 Thanksgiving Luncheon 11:30-12:30pm
 Nov. 26 Stamp Club 6:00 – 9:00pm
 Nov. 24 Caregiver Support Group 9:30 – 11:30am
 Nov. 28 Birthday Celebration 11:30 – 12:30pm

November Closures

Nov. 11 Veterans Day

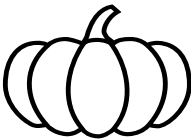
Nov. 28 Thanksgiving Day

Nov. 29 Day after Thanksgiving

Sudoku

			2					5
8					9			4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
		1		3	4	9	8	
9	2		6	5				3

Mon	Tues	Wed	Thurs
			1 Pinto beans and Chicken Casserole
4 Stuffed Cabbage	5 Chicken & Dumplings	6 Meatloaf & Gravy	7 Tomato Basil Baked fish
11 Closed	12 Chicken Ceasar Salad	13 Chili Verde Tacos	14 Clam Chowder
18 BBQ Pork Rib	19 Chicken Noodle Casserole	20 Lemon Herb Fish	21 Roast Turkey with Gravy
25 Creamy Chicken & Veggies	26 Stuffed Baked Potato	27 Turkey Chili	28 Closed



Interested in the **NEW** Friendly
 Connections Program? See
 Vanessa Kuersten in the 2nd floor
 Nutrition hallway office or call
 707-443-9747 ext. 1241.

Happy Thanksgiving!