November 2026

1  Sunday Dinner 11:00 a.m. To 1:00 p.m.	2 **Ford Retirees – BK & Lunch** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 &'66 12:00 Pinochle 1:00 Dancing 3:00 Balance	3 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	4 **Birthday Dinner** **Medicare with Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	**5 Class of '69 Lunch** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 11:30 **Lunch & Learn** Noon Class of '69 1:00 **Mahjong** 4:15 Tai Chi 7:00 Model A Club	6 **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	7 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
8 **Bingo** Cards at 1:30 Play at 2:00 Sunday Dinner 11:00 a.m. To 1:00 p.m.	9 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	10 **Class of '58 Lunch** MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	11 **Veteran's Day** Monroe Senior Legal **Medicare w/ Joyce & Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 12:00 Pinochle 1:30 Movie – Prada 2 3:00 Balance 5:00 **TRIVIA with Beth**	12 **Rummage Sale** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health With Maurine Sharp	13 **Rummage Sale** **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet **5:00 – Pizza & Game Night**	14 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
15 Sunday Dinner 11:00 a.m. To 1:00 p.m.	16 **Newsletter Crew** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 &'66 12:00 Pinochle 1:00 Dancing 3:00 Balance	17 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	**18 Class of '67 Breakfast** **Medicare w/ Joyce & Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	19 **Health Odyssey** **Medicare w/ Jackie & Molly** 9:00 Balance Exercise 10:15 Chair Yoga 1:00 **Mahjong** **2:00** Writing with Betsy 3:00 **Crafts** 4:15 Tai Chi	20 Center's Thanksgiving **Medicare with Joyce** 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	21 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
22 Sunday Dinner 11:00 a.m. To 1:00 p.m.	23 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	24 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	25 Monroe Senior Legal **Medicare with Molly** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	26 **Thanksgiving Day** Dinner Served 11:00 to 1:00 p.m.	27 **Soup & Sandwich $2** Day after Thanksgiving Center Open 8:00 to 2:00	28 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00** 11:00 Pinochle
29 $6 Rib Special 11:00 a.m. to 1:00 p.m. 2:00 Ryan Jewell Quintet Afternoon of Music	30 **Canasta** 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance					

Monroe Center for Healthy Aging