


November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Fountain Pens 10:00a Medicare Insur Conslt* 10:00a Beg. Sign Language 11:00a Adv. Sign Language 12:00p Blood Pressure Ck 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Open Table Tennis</p>	<p>2</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 12:00p Poker 1:00p Scrabble 1:00p Hand & Foot cards 2:00p Open Jam Session 6:00p Bunco 6:30p Ukulele for Beginners 6:30p Metabolic Support Grp</p>	<p>3</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:00a Canasta 9:00a Tech Time w/Mark 9:30a Beg. Line Dance 10:00a Spanish Club 11:00a Quilts N More 1:00p Golden Age Radio 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 2:00p Great Decisions 5:00p Movie Night</p>	<p>4</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Aerobic Chair Exer. 9:00a Inter. Bridge 9:00a Cards/Pinochle 10:30a Golf Cards 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers & Open Art 1:00p Chess 2:30p Legal Consultation*</p>
<p>7</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Men's Discussion 10:00a Medicare Insur Conslt* 10:30a Conv Spanish 11:00a Caregivers Supp. 11:45a Duplicate Bridge 12:00p Poker 12:30p Sign Lang meetup 1:00p Autumn Harvest 1:00p Cribbage/Pinochle 1:00p Beg Mah Jongg 5:00p Evening Chair Exercise 5:30p Hand&Foot Cards</p>	<p>8</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Memoir's Writing 10:00a Medicare Insur Conslt* 10:00a Beg. Sign Language 11:00a Adv. Sign Language 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Open Table Tennis</p>	<p>9</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 9:00a Care Card Crafts 12:00p Poker 1:00p Scrabble 1:00p Hand & Foot cards 1:00p Women Singles 2:00p Talks by Bethany-Regenerative Medicine 2:00p Open Jam Session 5:30p Euchre</p>	<p>10</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:00a Canasta 9:30a Beg. Line Dance 10:00a Medicare Insur Conslt* 10:00a Spanish Club 10:00a Alzhmr Sup. Grp 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 2:00p Great Decisions 2:00p Veterans-A Tribute 5:00p Movie Night</p>	<p>11</p> <p>Fountain Festival of Art-Closed</p>
<p>14</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Mens's Discussion 10:00a Medicare Insur Cons 10:30a Conv Spanish 11:45a Duplicate Bridge 12:00p Poker 12:30p Sign Lang meetup 1:00p Cribbage/Pinochle 1:00p Beg Mah Jongg 5:00p Evening Chair Exercise 5:30p Hand&Foot Cards 6:30p Mystery Book Club</p>	<p>15</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Medicare Insur Cons* 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Fountain Pens 10:00a Beg. Sign Language 11:00a Adv. Sign Language 12:00p Blood Pressure Ck 1:00p Swing Time Music 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Open Table Tennis</p>	<p>16</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 9:00a Time4-U CompLab 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Hand & Foot cards 2:00p How NASA Impacts Our Daily Lives 2:00p Open Jam Session 6:00p Bunco 6:30 Ukulele for Beginners 6:30p Metabolic Support Grp</p>	<p>17</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:00a Canasta 9:00a Open Paint Studio 9:30a Beg. Line Dance 10:00a Spanish Club 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 2:00p Great Decisions 2:00p Longitude-Ted Blank 5:00p Movie Night 5:00p Evening Paint Studio</p>	<p>18</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Aerobic Chair Exer. 9:00a Inter. Bridge 9:00a Cards/Pinochle 9:00a Blood Drive 10:00a Medicare Insur Cons* 10:30a Golf Cards 1:00p No Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers & Open Table Top Art 1:00p Chess</p>
<p>21</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Mens's Discussion 10:00a Medicare Insur Conslt* 10:30a Conv Spanish 11:45a Duplicate Bridge 12:00p Poker 12:30p Sign Lang meetup 1:00p Cribbage/Pinochle 1:00p Beg Mah Jongg 5:00p Evening Chair Exercise 5:30p Hand&Foot Cards</p>	<p>22</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Medicare Insur Conslt* 10:00a Open Paint Studio 10:00a Hooks & Needles 10:00a Beg. Sign Language 11:00a Adv. Sign Language 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Open Table Tennis</p>	<p>23</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Hand & Foot cards 2:00p Open Jam Session 5:30p Euchre</p>	<p>24</p> <p>Thanksgiving-Closed</p>	<p>25</p> <p>Closed</p>
<p>28</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Men's Discussion 10:00a Medicare Insur Conslt* 10:30a Conv Spanish 11:45a Duplicate Bridge 12:00p Poker 12:30p Sign Lang meetup 1:00p Cribbage/Pinochle 1:00p Beg Mah Jongg 5:00p Evening Chair Exercise 5:30p Hand&Foot Cards</p>	<p>29</p> <p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Medicare Insur Conslt* 10:00a Open Paint Studio 10:00a Hooks & Needles 10:00a Beg. Sign Language 11:00a Adv. Sign Language 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Open Table Tennis</p>	<p>30</p> <p>8:00a Geri-Fit Stretch/Abs 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Hand & Foot cards 2:00p Open Jam Session 5:30p Euchre</p>	 <p>FOUNTAIN HILLS COMMUNITY SERVICES</p> <p>Community Center 480-816-5200 www.fountainhillsaz.gov/rec</p> <p>*Pre-registration needed Activities subject to change</p>	

