

# NOVEMBER 2024

SUN	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SAT
 <p><b>Louisville Senior Services</b> <a href="http://www.louisvillerecreation.com">www.louisvillerecreation.com</a></p>			 <p><b>For help with resources, call:</b> <b>303-335-4919 (Katie T.)</b></p> <p><b>For other senior questions, call:</b> <b>303-335-4914 (Katie B.)</b></p>		<p><b>1</b></p> <p>10 Art Club-Ajax 10 Latte Friday 11 Singin Seniors 1 Massage w/Erica 1:15 Bridge, Adv/Int Duplicate</p>	<p><b>2</b></p> <p>9 Tai Chi 3-Sat 10 Meditation 10:30 Tai Chi 1 11 Soul Massage 11:15 Sword 1 1:15 Trip: Stranahan's Tour</p>
<p><b>3</b></p>	<p><b>4</b></p> <p>12:30 Massage w/Erica 1:15 Bridge, all levels 1:15 Chess, Drop-In 3:30 Tai Chi 1 4:30 Intro to Tai Chi</p>	<p><b>5</b></p> <p>9 Tech Guru 10 Massage w/Erica 1:15 Drop-In Mah Jongg</p>	<p><b>6</b></p> <p>10 Massage w/Erica 10 Panera Bread 10 Strat. for Whole Brain Living 11 Quantum-Music Group 12:35 Beginning Spanish 12:45 Scrabble 1 Inter./Adv. Line Dancing 1 Open Enrollment Counseling 1:15 Open Game Day 1:45 Adv. Beg. Spanish 2 3 Tap Dancing 4:30 &amp; 5:30 Tai Chi 3-Wed</p>	<p><b>7</b></p> <p>9 Loving Hands 10 Massage w/Erica 1 Improv Class 1:15 Beg. Line Dancing 1:30 Samba 2:15 Improvers Line Dancing 4:30 Trip: Candlelight Dinner Theatre</p>	<p><b>8</b></p> <p>10 Art Club-Ajax 10 Latte Friday 11 Singin Seniors 1 Massage w/Erica 1:15 Bridge, Adv/Int Duplicate</p>	<p><b>9</b></p> <p>9 Tai Chi 3-Sat 10 Meditation 10:30 Tai Chi 1 11 Soul Massage 11:15 Sword 1</p>
<p><b>10</b></p>	<p><b>11</b></p> <p>10 Living Well While Aging Solo 12:30 Massage w/Erica 1:15 Bridge, all levels 1:15 Chess, Drop-In 3:30 Tai Chi 1 4:30 Intro to Tai Chi</p>	<p><b>12</b></p> <p>8:30 VNA Footcare 9 Tech Guru 1:15 Drop-In Mah Jongg</p>	<p><b>13</b></p> <p>10 Massage w/Erica 10 Panera Bread 10 Strat. for Whole Brain Living 10:30 Fraud &amp; Scams Talk 11 Quantum-Music Group 12:35 Beginning Spanish 12:45 Scrabble 1 Bloomin Seniors Meeting 1 Inter./Adv. Line Dancing 1 Open Enrollment Counseling 1:15 Open Game Day 1:45 Adv. Beg. Spanish 2 3 Tap Dancing 4:30 &amp; 5:30 Tai Chi 3-Wed</p>	<p><b>14</b></p> <p>9 Loving Hands 10 Massage w/Erica 1 Improv Class 1:15 Beg. Line Dancing 1:30 Samba 2:15 Improvers Line Dancing</p>	<p><b>15</b></p> <p>10 Art Club 10 Blood Pressure Checks 10 Drop In Caregiver Support 10 Latte Friday 11 Singin Seniors 1 Massage w/Erica 1:15 Bridge, Adv/Int Duplicate</p>	<p><b>16</b></p> <p>9 Tai Chi 3-Sat 10 Meditation 10:30 Tai Chi 1 11 Soul Massage 11:15 Sword 1</p>
<p><b>17</b></p>	<p><b>18</b></p> <p>12:30 Massage w/Erica 1:15 Bridge, all levels 1:15 Chess, Drop-In 3:30 Tai Chi 1 4:30 Intro to Tai Chi</p>	<p><b>19</b></p> <p>8:30 VNA Footcare 9 Tech Guru 1 Book Club 1:15 Drop-In Mah Jongg</p>	<p><b>20</b></p> <p>10 Massage w/Erica 10 Panera Bread 10 Strat. for Whole Brain Living 11 Quantum-Music Group <b>12 THANKSGIVING FEAST</b> 12:45 Scrabble 1 Inter./Adv. Line Dancing 1 Open Enrollment Counseling 1:15 Open Game Day 1:45 Adv. Beg. Spanish 2 3 Tap Dancing 4:30 &amp; 5:30 Tai Chi 3-Wed</p>	<p><b>21</b></p> <p>9 Loving Hands 10 Massage w/Erica 10:15 Using Lyft Class 1 Improv Class 1 Senior Cinema: Arthur the King 1:15 Beg. Line Dancing 1:30 Samba 2:15 Improvers Line Dancing 4:45 Dinner Trip: Bonefish Grill</p>	<p><b>22</b></p> <p>10 Art Club 10 Latte Friday 11 Singin Seniors 1 Massage w/Erica 1:15 Bridge, Adv/Int Duplicate</p>	<p><b>23</b></p> <p>9 Tai Chi 3-Sat 10 Meditation 10:30 Tai Chi 1 11 Soul Massage 11:15 Sword 1</p>
<p><b>24</b></p>	<p><b>25</b></p> <p>12:30 Massage w/Erica 1:15 Bridge, all levels 1:15 Chess, Drop-In 3:30 Tai Chi 1 4:30 Intro to Tai Chi</p>	<p><b>26</b></p> <p>9 Tech Guru 1:15 Drop-In Mah Jongg 4 Game Day</p>	<p><b>27</b></p> <p><b>NO BROOKS CAFE</b></p> <p>10 Massage w/Erica 10 Panera Bread 11 Quantum-Music Group 12:45 Scrabble 1 Inter./Adv. Line Dancing 1:15 Open Game Day 3 Tap Dancing 4:30 &amp; 5:30 Tai Chi 3-Wed</p>	<p><b>28</b></p> <p><b>NO BROOKS CAFE</b></p> <p><b>BUILDING CLOSED-THANKSGIVING</b></p>	<p><b>29</b></p> <p><b>NO BROOKS CAFE</b></p> <p>10 Art Club 11 Singin Seniors 1 Massage w/Erica 1:15 Bridge, Adv/Int Duplicate</p>	<p><b>30</b></p> <p>9 Tai Chi 3-Sat 10 Meditation 10:30 Tai Chi 1 11 Soul Massage 11:15 Sword 1</p>