

# Senior Calendar November 2018



All senior classes and clubs are donation based for anyone 55years and older  
Jay Community Center  
115 E Water Street Portland, IN  
JayCC.org • (260)726-6477

**1**  
**THURSDAY**  
  
SilverSneakers Classic 10:00  
Pickleball 9:00-12:00  
Yoga w/ Paul 2:30pm  
LifeStream Lunch 11:00  
  
Card Club 1:00

**2**  
**FRIDAY**  
  
Senior Fit Mix 8:30  
Judy & Sharon's Cardio Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm

**5**  
**MONDAY**  
  
Strength & Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 3:30  
  
LifeStream Lunch 11:00

**6**  
**TUESDAY**  
  
SilverSneakers Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:00

**7**  
**WEDNESDAY**  
  
Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9-12 pm  
Senior Spin 3:30  
  
LifeStream Lunch 11:00  
Woodcarving 6:00 pm

**8**  
**THURSDAY**  
  
SilverSneakers Classic 10:00  
Pickleball 9:00-12:00  
Yoga w/ Paul 2:30pm  
  
LifeStream Lunch 11:00

**9**  
**FRIDAY**  
  
Senior Fit Mix 8:30  
Judy & Sharon's Cardio Class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
  
*Wine & Stencil*  
**6PM-8PM**

November 12th-30th

12  
**MONDAY**  
Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
Senior Spin 3:30  
  
LifeStream Lunch 11:00

13  
**TUESDAY**  
SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
  
LifeStream Lunch 11:00

14  
**WEDNESDAY**  
Boot Camp 8:30am  
Sarah's Class 10:00  
Pickleball/PingPong 9-12  
Senior Spin 3:30  
  
LifeStream Lunch 11:00  
Woodcarving 6:00 pm

15  
**THURSDAY**  
SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Yoga w/ Paul 2:30  
LifeStream Lunch 11:00  
  
Card Club 1:00

16  
**FRIDAY**  
Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm  
  
Movie Night @ 6:00  
  
"The Upside"

19  
**MONDAY**  
Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9:30-12 pm  
Senior Spin 3:30  
  
LifeStream Lunch 11:00

20  
**TUESDAY**  
SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9:00-12:00  
  
Thanksgiving Carry-in  
@ 11

21  
**WEDNESDAY**  
Boot Camp 8:30am  
Sarah's Class 10:00  
Ping Pong 9-12 pm  
Pickleball 9:30-12 pm  
Senior Spin 3:30  
LifeStream Lunch 11:00  
  
Woodcarving 6:00 pm

22  
**CLOSED**  
  
  
Happy  
Thanksgiving

23  
**... BLACK ...  
FRIDAY**  
  
Check out our Black  
Friday Specials!

26  
**MONDAY**  
Strength& Flex 8:30  
Sarah's Class 10:00  
Ping pong 9 -12 pm  
Pickleball 9:-12 pm  
Senior Spin 3:30  
  
LifeStream Lunch 11:00

27  
**TUESDAY**  
SilverSneakers  
Classic 10:00  
Woodcarving 10 am  
Knitting 10 am  
Pickleball 9-12pm  
  
LifeStream Lunch 11:00

28  
**WEDNESDAY**  
Boot Camp 8:30am  
Ping Pong 9-12 pm  
Pickleball 9--12 pm  
Senior Spin 3:30pm  
**BEEF & BOARDS  
OUTING 9am-5pm**  
LifeStream Lunch 11:00  
  
Woodcarving 6:00 pm

29  
**THURSDAY**  
SilverSneakers  
Classic 10:00  
Pickleball 9:00-12:00  
Yoga w/ Paul 2:30  
LifeStream Lunch 11:00  
  
Card Club 1:00

30  
**FRIDAY**  
Senior Fit Mix 8:30  
Judy & Sharon's  
Cardio class 10  
Ping pong 9 -12 pm  
Pickleball 9-12 pm