





	Monday	Tuesday	Wednesday	Thursday	Friday
Every Day at JW	8:30-5 Fitness Ctr. 8:30-5 Play Pool 8:30-5 Tech Lab Open 9:00 Café/Coffee 9:30 Stretch/Strength 10:30 Enhance Fitness at Pensdale 10:45 Meditation 11:00 Music Lessons 11:30 Yoga 12:00 Lunch	8:30-5 Fitness Ctr. 8:30-5 Open Tech Lab 9 :00 Café/Breakfast 9 :00 Walking Group 10:00 Beading 10:30 Men's Group 11:00 Sent. Chorus 12:00 Lunch 1:00 Tai Chi 1-2:30 Computer Lab	8:30-5 Fitness Ctr. 8:30-5 Play Pool 9 :00 Café/Breakfast 9 :00 Knit & Crochet 9:15 Silver Sneakers Classic 10:00 Line Dancing 12:00 Lunch 12:45 Bingo 10-11:30 NEW! Mobile Grocery Store on Rector	8:30-5 Fitness Ctr. 8:30-5 Tech Lab Open 9 :00 Café/Breakfast 9 :00 Walking Group 10:00 Weaving 10:00 Yoga Rhythmic 12:00 Lunch 12:45 Bingo 1:00 Tai Chi 1-2:30 Computer Lab or Tutoring - By appt.	8:30-5 Fitness Ctr. 8:30-5 Open Tech Lab 9 :00 Café/Breakfast 9:15 S-Sneakers Classic 10:45 News & Views 11:00 Enhance Fitness 12:00 Lunch 12:30 Painting & More 1:00 Pinochle 1:00 Writers Group (1& 3rd Fri. of Month)
	3	4  NO EXERCISE CLASSES!	5 5:30 LLP, HOSPICE	6	7 1:00 MOVIE MATINEE "AIR FORCE ONE" 1:00 DIGITAL PHOTO 4:00 KID ZONE
	10 12:30 READING BUDDIES EXTENDED LUNCH HOURS STARTS MON/WED/THURS. 12:45-1:30	11 VETERANS DAY! 	12 10:30 REVERSE MORT. 12:00 APPRISE 5:30 LLP, DOWN-SIZING & GETTING ORGANIZED	13 11:00 CARRIE MEDICARE PATROL	14 1:00 MOVIE MATINEE "THE BUTLER" 
	17 10:00 Trip READING TERMINAL 12:30 READING BUDDIES	18 10:00 Trip SHOPRITE TOUR with Ruby Davis	19	20 10:00 VETERANS PROGRAM THANKSGIVING LUNCHEON 1:00 BOOK CLUB 2:30 THREAD CLASS	21 1:00 MOVIE MATINEE "AN OLD FASHIONED THAN KSGIVING " 1:00 DIGITAL PHOTO 4:00 KID ZONE
	24 12:00 Trip - Lunch Club APPLEBEE'S ANDORRA 12:30 READING BUDDIES	25	26	27 - CLOSED	28 - CLOSED 

Every Day at JW

Special Programs, Trips & Events