





Winter Haven Senior Adult Center
 250 S. Lake Silver Dr. NW
 Winter Haven, FL 33881
 863/291-5870








NOVEMBER 2021



Jennifer Burke, Recreation Supervisor
 Jackie Richardson, Recreation Leader
 Mike Williams, Building Service Worker

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident | The Senior Adult Center will be closed for voting – Polling Location Election  | 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi | 9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident | 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting |
| 8 | 9 | 10 | 11 | 12 |
| 9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident | 9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident | 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi | Senior Adult Center will be closed in honor of Veteran's Day  | 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting |
| 15 | 16 | 17 | 18 | 19 |
| 9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident | 9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident | 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 10:45 a.m. Bingo 1:30 p.m. Easy Tai Chi | 9 a.m. Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 1:30 p.m. Intermediate Line Dance \$4 resident \$5 non-resident | 9 a.m. Shuffleboard Tournament 9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 12noon Quilting |

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|---|--|--|---|--|
| <p style="text-align: right;">22</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p> | <p style="text-align: right;">23</p> <p>9 a.m.-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p> | <p style="text-align: right;">24</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 10:30 a.m. Chair Yoga 1:30 p.m. Easy Tai Chi</p> | <p style="text-align: right;">25</p> <p style="text-align: center;">Senior Adult Center will be closed in honor of Thanksgiving Day</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p>  | <p style="text-align: right;">26</p> <p style="text-align: center;">Senior Adult Center Closed</p>  |
| <p style="text-align: right;">29</p> <p>9am-12noon Open Social 9:30 a.m. Exercise 12:30 p.m. Mixed Media Painting \$10 resident/ \$11 non-resident</p> | <p style="text-align: right;">30</p> <p>9am-12noon Open Social 9:30 a.m. Wellness with Deanna \$1 resident  \$2 non-resident</p> | <p style="text-align: center;"><u>DUE TO CORONAVIRUS HOURS OF OPERATION</u> Mon-Fri 9 a.m. – 12noon Open Social Time</p> <p>Only instructional Program open after 12noon</p> |  <p style="text-align: center;">FACE MASK Encourage</p> | <p style="text-align: center;">WINTER HAVEN <i>The Chain of Lakes City</i></p> <p style="text-align: center;">IT STARTS IN PARKS Coaching. Connecting. Community.</p> |

**All programs are subject to change without notice