



ACTIVITIES- HSS Bldg., Waterloo

NOVEMBER 2022

If transportation is needed, please call (315) 539-1780 for North County residents

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tai Chi 9:15- 10 am Writing Workshop 10-11 am Let's Talk Discussion 11-11:45 am	2 Coffee Hour @ Verona Village, Ovid 8-9 am Chair Yoga 10:15 am CCE Nutrition Presentation- <i>How to Include Beans and Legumes in your Diet</i> -11 am	3 Crafts- Thanksgiving Wreath 11 am Senior Theatre 1- 2 pm	4 Tai Chi 9:15- 10 am History Presentation with Pam Becker – 11 am
7 Chair Yoga 10:15 am Book Club 11:15 am	8 CLOSED FOR ELECTION DAY- GO VOTE!!!!	9 Coffee Hour @ Verona Village, Ovid 8-9am Fidelis/Wellcare Outreach 10 am Chair Yoga 10:15 am	10 Alzheimer's Association - " <i>Understanding Alzheimer's & Dementia</i> " 11 am Senior Theatre 1- 2 pm	11 CLOSED FOR VETERANS DAY
14 Chair Yoga 10:15 am United Health Care 11 am Excellus 11:30 – 2 pm Book Club 11:15 am	15 Tai Chi 9:15 – 10 am Writing Workshop 10-11 am Let's Talk Discussion 11-11:45 am	16 Coffee Hour @ Verona Village, Ovid 8-9 am Chair Yoga 10:15 am BINGO 11:15 am OFA Public Hearing 11:30 am	17 Crafts- Creating Winter Centerpiece 11 am Senior Theatre 1-2 pm	18 Tai Chi 9:15 – 10 am Wellness Program – " <i>Holiday Eating</i> " 10:30 am Thanksgiving History with Walt Gable 11 am
21 Chair Yoga 10:15 am Book Club 11:15 am	22 Tai chi 9:15 – 10 am Writing Workshop 10-11 am Let's Talk Discussion 11-11:45 am	23 Coffee Hour @ Verona Village, Ovid 8-9 am Chair Yoga 10:15 am BINGO 11:15 am	24 CLOSED FOR THANKSGIVING DAY 	25 CLOSED 
28 Chair Yoga 10:15 am Book Club 11:15 am	29 Tai Chi 9:15 – 10 am Writing Workshop 10-11 am Let's Talk Discussion 11-11:45 am	30 Coffee Hour @ Verona Village, Ovid 8-9 am Chair Yoga 10:15 am Crafts 11-11:45 am	All Activities take place at the Office for the Aging/Senior Center in Waterloo unless otherwise noted.	