





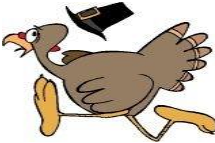



Meals on Wheels delivers to those who can't join us at the Center
Call 388-4711 for more information

**Belgrade Senior Center
NOVEMBER 2018 Activities**

92 E. Cameron Ave
Belgrade, MT 59714
388-4711

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 World Vegan Day 8:30 am Pinochle 12:45 pm Bingo	2 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle	3
4 Daylight Saving Time – ends  <i>Daylight Saving Time Ends</i>	5 9 am Movement in Motion 12:45 pm Cribbage	6 9 am Yoga 10 am Full Body Exercise 10 am Watercolor Class 12:30 pm Hand & Foot 11 am Andi Salsbury w/HRDC	7 9 am Movement in Motion 9 am Needleaires Food Pantry 1 pm Cooking Class (Apple Butter}	8 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check	9 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle 4-8 PM GAME NIGHT & POT LUCK	10 
11 Veterans Day 2018  <i>VETERANS DAY</i>	12 Veterans Day Observed 9 am Movement in Motion 12:45 pm Cribbage	13 9 am Yoga 10 am Full Body Exercise 11:30 am Red Rockers @ the Wok in Belgrade	14 9 am Movement in Motion 9 am Needleaires Food Pantry	15 8:30 am Pinochle 12:45 pm Bingo	16 8 am Yoga 9 am Movement in Motion 12:30 pm Pinochle	17 
18 	19 9 am Movement in Motion 12:45 pm Cribbage First Aid Class	20 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot 12:45 PM BOARD MEETING 12:45 pm Andi Salsbury w/HRDC First Aid Class	21 9 am Movement in Motion 9 am Needleaires Food Pantry Birthday Celebration	22 Thanksgiving Day CLOSED	23 CLOSED	24 
25 	26 9 am Movement in Motion 12:45 pm Cribbage	27 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	28 9 am Movement in Motion 9 am Needleaires Food Pantry	29 8:30 am Pinochle 12:45 pm Bingo Blood Pressure Check	30 8 am yoga 9 am Movement in Motion 12:30 pm Pinochle	