



Monday	Tuesday	Wednesday	Thursday	Friday
<p>ElderCare OF ALACHUA COUNTY</p> <p>&</p> <p>The Senior Recreation Center Calendar</p> <p>(352) 265-9040 ElderCare@shands.ufl.edu</p> <p>5701 NW 34th Blvd. Gainesville, FL 32653 ElderCare.UFHealth.org</p>	<p>Save the Date: Friday, November 22nd!</p> <p>Polish your clubs and prepare to hit the links at the ElderCare of Alachua County's 17th Annual Golf Tournament!</p> <p>Enjoy lunch and then tee off in a shotgun scramble. All proceeds benefit the Alachua County Meals on Wheels, and Al'z Place, our adult day care facility for individuals with Alzheimer's disease.</p> <p>The registration fee will feed one homebound senior for one month or provide one full day of model day care.</p> <p>For more information or to register, visit https://ElderCareGolf.givesmart.com!</p> <p>For more updates, visit our Facebook or Instagram pages</p> 	<p>REMINDER – The Senior Recreation Center will be a Voting Precinct on Tuesday, November 5th!</p> 	<p>REMINDER – The Senior Recreation Center will be closed on the following dates:</p> <p>Monday, November 11th in Observance of Veteran's Day!</p> <p>Thursday, November 28th for the Thanksgiving Holiday!</p> <p>Thursday, November 29th for the Thanksgiving Holiday!</p>	<p>¹</p> <ul style="list-style-type: none"> ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 9:30am- 12:00pm BINGO! ➤ 9:30am-1:30pm Tree Town Bridge Club ➤ 10:00am-1:00pm: Bid Whist ➤ 10:15am-11:20am: Virtual & In-Person Chair Yoga ➤ 11:00am-12:30am: Bereavement Support Group **Registration Required** 352-204-9876 ➤ 12:00pm-12:45pm: Senior Center Meal Site (Lunch) ➤ 12:00pm-5:00pm: Card Players & Games etc. ➤ 12:30pm-3:00pm: Free Nutrition Education Workshop with Feeding Northeast Florida ➤ 1:00pm-4:00pm: Scrabble Club ➤ 1:30pm-2:30pm: Virtual & In-Person Zumba Gold with Lee McAndrew! ➤ 2:30pm-3:30pm: The Art of Conversation Support Group

<p style="text-align: right;">4</p> <ul style="list-style-type: none"> ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 9:00am-2:00pm: Card Players, Games, & Etc. ➤ 9:00-4:00pm: Quilters of Alachua County Day Guild ➤ 9:00am-10:00am: Virtual & In-Person Tai Chi Sequel ➤ 9:00am-12:00pm: UF Research on Technology in Tourism Information Tabling & Outreach Session ➤ 9:30am-12:00pm: AARP Chapter 363 General Monthly Workshop ➤ 10:30am-11:40am: Virtual & In-Person Yoga ➤ 11:00am-12:00pm: Improv with Karen! @ The Village at Gainesville ➤ 12:00am-12:45pm: Senior Center Meal Site (Lunch) ➤ 1:00pm-2:00pm: Virtual & In-Person Zumba Gold Program with Lee McAndrew! ➤ 1:00pm-4:00pm: Mahjong Mondays Group (Class is Full) ➤ 2:15-3:15pm: Improving Life Skills Through Improv! (Class is Full) ➤ 3:00pm-5:00pm: Virtual StorySong: Making your Memories into Music through UF Arts in Medicine 	<p style="text-align: right;">5</p> <ul style="list-style-type: none"> ➤ Voting Precinct: 7:00am-7:00pm ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 9:00am-11:00am: Needle Work Group ➤ 9:30am-2:00pm: Laura Stewart Bridge Club ➤ 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group ➤ 11am-12:30pm: Card Making & Craft Class ➤ 12:00am-12:45pm: Senior Center Meal Site (Lunch) ➤ 12:15pm-1:15pm: Dance for Joy (Formerly called Dance for Lifelong health) ➤ 1:00pm-4:00pm: Continental Canasta ➤ 1:15pm-2:00pm: Parkinson's Exercise Class ➤ 3:00pm-5:00pm: Gainesville Table Tennis 	<p style="text-align: right;">6</p> <ul style="list-style-type: none"> ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 9:00am-10:00am: Virtual & In-Person Tai Chi Sequel ➤ 9:00am-5:00pm: Card Players, Games, & Etc. ➤ 9:00am-12:00pm: UF Research on Technology in Tourism Information Tabling & Outreach Session ➤ 10:00am-12:00pm: Medicare Information Tabling & Outreach Session ➤ 10:15am-11:35am: Virtual & In-Person Yoga ➤ 10:30am-4:00pm: Chinese Mah Jong ➤ 12:00pm-12:45pm: Senior Center Meal Site (Lunch) ➤ 1:00pm-2:30pm: Fyzical Therapy "Fight the Fall" Balance Program ➤ 1:00pm-3:00pm: Financial Foundation Education Program ➤ 1:15pm-2:45pm: Spanish Class ➤ 1:30pm-3:30pm: A Matter of Balance & Educational Workshop ➤ 1:30pm-3:00pm: Scrapbooking Craft Class ➤ 2:45pm-4:15pm: Knit & Crochet 	<p style="text-align: right;">7</p> <ul style="list-style-type: none"> ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 8:30am-11:30am: Woodcarving & Whittling ➤ 9:00am-12:00pm: Quilters of Alachua County Day Guild Monthly Meeting ➤ 9:00am-3:00pm: UF Research on Technology in Tourism Information Tabling & Outreach Session ➤ 12:00am-4:00pm: Quilters of Alachua County Day Guild ➤ 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group ➤ 12:00am-12:45pm: Senior Center Meal Site (Lunch) ➤ 1:00pm-2:00pm: NEW! Improv (for Beginners) ➤ 1:45pm-2:45pm: Encore Dancers Workshop ➤ 2:30pm-5:00pm: Pinochle ➤ 2:30pm-4:00pm: Virtual & In-Person PTI Program ➤ 2:30pm-3:30pm: The Art of Conversation Workshop @ The Village at Gainesville ➤ 3:00pm-5:00pm: Gainesville Table Tennis ➤ 7:00pm-9:00pm: Let's Play Petanque! 	<p style="text-align: right;">8</p> <ul style="list-style-type: none"> ➤ 8:00am-5:00pm: Billiard Room Open Play ➤ 8:00am-5:00pm: Computer Lab ➤ 8:00am-5:00pm: Fitness Center ➤ 8:00am-5:00pm: Game, Puzzle & Lounge Corner ➤ 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat' ➤ 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead** ➤ 9:30am- 12:00pm BINGO! ➤ 10:00am-1:00pm: Bid Whist ➤ 10:00am-11:30am: Virtual CCOA Monthly Meeting ➤ 10:15am-11:20am: Virtual & In-Person Chair Yoga ➤ 11:00am-2:00pm: Edward Jones Information Tabling & Outreach Session ➤ 11:30am-1:00pm: Humana Information Tabling Outreach Session ➤ 11:00am-1:00pm: Community Hospice Information Tabling & Outreach Session ➤ 12:00am-12:45pm: Senior Center Meal Site (Lunch) ➤ 12:00pm-5:00pm: Card Players & Games etc. ➤ 1:00pm-4:00pm: Scrabble Club ➤ 1:30pm-2:30pm: Virtual & In-Person Zumba Gold with Lee McAndrew! ➤ 2:30pm-3:30pm: The Art of Conversation Support Group
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✈ Please be informed that the Senior Recreation Center will be closed on Monday November 11th, in observance of the Veterans Day Holiday.

We honor and appreciate the service of our veterans and encourage everyone to take a moment to reflect on their sacrifices. Regular activities and hours will resume on Monday, November 12th.



- 8:00am-5:00pm: Billiard Room Open Play
- 8:00am-5:00pm: Computer Lab
- 8:00am-5:00pm: Fitness Center
- 8:00am-5:00pm: Game, Puzzle & Lounge Corner
- 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat'
- 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead**
- 8:30am-11:30am: SHINE Information Workshop
- 9:00am-11:00am: Needle Work Group
- 9:15am-10:15am: Miller Elder Law Firm - Aging Well: Yoga, Breathwork, and Elder Law Insight
- 9:30am-2:00pm: Laura Stewart Bridge Club
- 10:00am-2:00pm: Guardian Homecare Information Tabling & Outreach Session
- 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group
- 11am-12:30pm: Card Making & Craft Class
- 12:00pm-12:45pm: Senior Center Meal Site (Lunch)
- 12:15pm-1:15pm: Dance for Joy (Formerly called Dance for Lifelong Health)
- 1:00pm-4:00pm: Continental Canasta
- 1:15pm-2:00pm: Parkinson's Exercise Class
- 2:15pm-3:15pm: Let's Yarden!
- 2:00pm-3:30pm: CCOA Community Interest Seminar
- 2:00pm-4:00pm: Bosshardt Realty: "Ask a Realtor" Workshop
- 3:00pm-5:00pm: Gainesville Table Tennis
- 3:00pm-4:30pm: Stay Connected – Technology Basics

- 8:00am-5:00pm: Billiard Room Open Play
- 8:00am-5:00pm: Computer Lab
- 8:00am-5:00pm: Fitness Center
- 8:00am-5:00pm: Game, Puzzle & Lounge Corner
- 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat'
- 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead**
- 9:00am-5:00pm: Card Players, Games, & Etc.
- 9:00am-10:00am: Virtual & In-Person Tai Chi Sequel
- 9:30am-12:00pm: Medicare Information and Outreach Tabling Session
- 10:15am-11:35am: Virtual & In-Person Yoga
- 10:30am-4:00pm: Chinese Mah Jong
- 12:00pm-12:45pm: Senior Center Meal Site (Lunch)
- 1:00pm-2:30pm: Fyzical Therapy "Fight the Fall" Balance Program
- 1:15pm-2:45pm: Spanish Class
- 1:30pm-3:00pm: Scrapbooking Craft Class
- 1:30pm-3:30pm: A Matter of Balance & Exercise & Educational Workshop
- 2:45pm-4:15pm: Knit & Crochet
- 3:00pm-4:00pm: VIRTUAL Community Connections with Gainesville End of Life Doulas
- 3:00pm-4:00pm: Haven Hospice Dementia Support Group

- 8:00am-5:00pm: Billiard Room Open Play
- 8:00am-5:00pm: Computer Lab
- 8:00am-5:00pm: Fitness Center
- 8:00am-5:00pm: Game, Puzzle & Lounge Corner
- 8:00am-5:00pm: Library Connections: 'Golden Pages Retreat'
- 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead**
- 8:30am-11:30am: Woodcarving & Whittling
- 9:00-4:00pm: Quilters of Alachua County Day Guild
- 10:00am-12:00pm: Haven Hospice 'Typical & Atypical Aging Workshop'
- 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group
- 12:00pm-12:45pm: Senior Center Meal Site (Lunch)
- 1:00pm-2:00pm: NEW! Improv (for Beginners)
- 1:00pm-5:00pm: Quilts of Valor
- 1:45pm-2:45pm: Encore Dancers Workshop
- 2:30pm-5:00pm: Pinochle
- 2:30pm-3:30pm: The Art of Conversation Workshop @ The Village at Gainesville
- 2:30pm-4:00pm: Virtual & In-Person PTI Program
- 3:00pm-5:00pm: Gainesville Table Tennis (CANCELLED FOR TODAY!)
- 7:00pm-9:00pm: Let's Play Petanque!

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- 8:00am-5:00pm – Ping Pong Open Play *Must Call Ahead**
- 9:30am- 12:00pm Gator Game Day BINGO with the UF Football Student-Athletes in Partnership with Florida Victorious!
- 9:30am-1:30pm Tree Town Bridge Club
- 10:00am-1:00pm: Bid Whist
- 10:00am-12:30pm: Health Street Tabling
- 10:15am-11:20am: Virtual & In-Person Chair Yoga
- 11:00am-12:30pm: Bereavement Support Group **Registration Required** 352-204-9876
- 11:30am-1:00pm: Humana Information Tabling Outreach Session
- 12:00pm-12:45pm: Senior Center Meal Site (Lunch)
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- 1:00pm-4:00pm: Scrabble Club
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- 2:30pm-3:30pm: The Art of Conversation Support Group

18	19	20	21	22
➤ 8:00am-5:00pm: Billiard Room Open Play	➤ 8:00am-5:00pm: Billiard Room Open Play	➤ 8:00am-5:00pm: Billiard Room Open Play	➤ 8:00am-5:00pm: Billiard Room Open Play	➤ 8:00am-5:00pm ElderCare's 17 th Annual Fall Golf Tournament Benefitting Meals on Wheels & Al'z Place
➤ 8:00am-5:00pm: Computer Lab	➤ 8:00am-5:00pm: Computer Lab	➤ 8:00am-5:00pm: Computer Lab	➤ 8:00am-5:00pm: Computer Lab	➤ 8:00am-5:00pm: Billiard Room Open Play
➤ 8:00am-5:00pm: Fitness Center	➤ 8:00am-5:00pm: Fitness Center	➤ 8:00am-5:00pm: Fitness Center	➤ 8:00am-5:00pm: Fitness Center	➤ 8:00am-5:00pm: Computer Lab
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➤ 9:00am-4:00pm: Quilters of Alachua County Day Guild	➤ 9:30am-2:00pm: Laura Stewart Bridge Club	➤ 9:00am-10:00am: Virtual & In-Person Tai Chi Sequel	➤ 9:30am-11:00am: Caregiver's Support Group	➤ 9:30am- 12:00pm BINGO!
➤ 9:00am-10:00am: Virtual & In-Person Tai Chi Sequel	➤ 10:00am-12:00pm: "The Earthing Movie" and Walking Meditation @ Northside Park	➤ 9:30am-12:00pm: Medicare Information and Outreach Tabling Session	➤ 9:00-4:00pm: Quilters of Alachua County Day Guild	➤ 10:00am-1:00pm: Bid Whist
➤ 10:00am-2:00pm: Tree City Quilters Guild	➤ 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group	➤ 10:15am-11:35am: Virtual & In-Person Yoga	➤ 10:30am-12:00pm: Virtual & In-Person Victory in Motion Parkinson's Exercise Group	➤ 10:15am-11:15am: Virtual & In-Person Chair Yoga
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➤ 1:00pm-2:00pm: Virtual & In-Person Zumba Gold Program with Marlene Thompson!	➤ 1:00pm-4:00pm: Continental Canasta	➤ 1:00pm-3:00pm: Financial Foundation Education Program	➤ 1:45pm-2:45pm: Encore Dancers Workshop	➤ 1:00pm-4:00pm: Scrabble Club
➤ 1:00pm-4:00pm: Mahjong Mondays Group (Class is Full)	➤ 1:15pm-2:00pm: Parkinson's Exercise Class	➤ 1:15pm-2:45pm: Spanish Class	➤ 2:30pm-5:00pm: Pinochle	➤ 1:30pm-2:30pm: Virtual & In-Person Zumba Gold Program with Dr. Yenisel!
➤ 1:15pm-4:15pm: Four Seasons Garden Club	➤ 2:00pm-4:00pm: Alachua County Property Appraiser Senior Educational Seminar	➤ 1:30pm-3:00pm: Scrapbooking Craft Class	➤ 2:30pm-5:00pm: Pinochle	➤ 2:30pm-3:30pm: The Art of Conversation Support Group
➤ 2:15pm-3:15pm: Improving Life Skills Through Improv (Class is Full)	➤ 2:15pm-3:15pm: Singing for fun – Enjoy an Hour of Singing Old & New Songs Together	➤ 1:30pm-3:30pm: A Matter of Balance & Exercise & Educational Workshop	➤ 2:30pm-3:30pm: The Art of Conversation Workshop @ The Village at Gainesville	
➤ 3:00pm-5:00pm: Virtual StorySong	➤ 3:00pm-4:30pm: Stay Connected – Technology Basics	➤ 2:45pm-4:15pm: Knit & Crochet	➤ 2:30pm-4:00pm: Virtual & In-Person PTI Program	
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Notice

The Senior Recreation Center will be closed on November 28th and 29th during the Thanksgiving Holiday.

We wish all our members a joyful and safe celebration!



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