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| C.C. SENIOR CENTER Activity Calendar  **NOVEMBER**  2023  **1501 Georgia Ave, Woodbine, Georgia 31569 912-729-1945** | | | | | |
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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Saturday** |
|  | TIME CHANGES  SUNDAY 11/5 | **1** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a BINGO Center  11:30a LUNCH  12:00p Individual Activity  1:30p Bus Riders Leave | **2** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a EXERCISE  & HEALTH ED.  11:30a LUNCH  12:00p Individual Activity  1:30p Bus Riders Leave | **3** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a SENIORs Choice  11:30a LUNCH  12:00p Individual Activities  12:30p Bus Riders Leave | **CANCEL**  **YOUR TRIPS PLEASE!**  **1-866-543-6744** |
| LIVE LIFE AND FORGET YOUR AGE! | | | | | |
| **6** 8a Center Opens  9a Bus Riders Arrive  9:30a Opening / News  9:45a Walking Inside  10:00a STACK CUPS GM  11:30a LUNCH  12:00p Individual Activities  1:30p Bus Riders Leave | **7** 8a Center Opens  9a Bus Riders Arrive  9:30a Opening/ News  10:00a WHEEL OF  FORTUNE GAME  11:30a LUNCH  12:00p Individual Act. , 1:30p Bus Riders Leave  VOTING DAY | **8** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a BINGO Seniors  11:30a LUNCH  12:00p Individual Activity  1:30p Bus Riders Leave | **9** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a EXERCISE  & HEALTH ED.  11:30a LUNCH  12:00p Individual Activity  1:30p Bus Riders Leave | **10**  CENTER  CLOSED  IN OBSERVANCE OF  VETERAN’S DAY. | **11**  --------------------------------------  TURKEY MEAL DELIVERY  8:30a – 11:30a  You must be home! |
| FOCUS ON WHAT YOU CAN DO! YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL! | | | | | |
| **13** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  9:45a Walking Inside  10:00a PUTT PUTT GAME  11:30a LUNCH  12:00p Individual Activities  1:30p Bus Riders Leave | **14** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a Council Meeting  FAMILY FEUD GAME  11:30a LUNCH  12:00p Individual Activities  1:30pm Bus Riders | **15** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a BINGO Seniors  11:30a LUNCH  12:00p Individual Activities  1:30p Bus Riders Leave | **16** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a FUN GAMES  11:30a LUNCH  **THANKSGIVING MEAL**  12:00p Individual Activity  1:30p Bus Riders Leave | **17** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a SENIORs Choice  11:30a LUNCH  12:00p Individual Activities  12:30p Bus Riders Leave | Kingsland Catfish Festival  Don’t forget your Auction items Tuesday |
| SOMETIMES YOU FORGET YOU ARE **AWESOME** SO THIS IS YOUR REMINDER! | | | | | |
| **20**  8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  9:45a Walking Inside  10:00a SENIOR CHOICE  11:30a LUNCH  12:00p Individual Activities  1:30p Bus Riders Leave | **21**  8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a AUCTION  TIME  11:30a LUNCH  12:00p Individual  Activities  1:30p Bus Riders Leave | **22** CENTER  CLOSED | **23** CENTER CLOSED | **24** CENTER  CLOSED | 🎓 Here's a list of some great in-season fruits for the month of November! Find out how to make them a part of your diet this month with Foodvisor. Click the photo to take the quiz to get your custom nutrition program. |
| ANYONE WHO KEEPS THE ABILITY TO SEE BEAUTY NEVER GROWS OLD – FRANZ KAFKA | | | | | |
| **27** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  9:45a Walking Inside  10:00a SENIOR CHOICE  11:30a LUNCH  12:00p Individual  Activities  THM Challenge! No Cheat November: Intentionally Nutritious - Northern Nester12:30p Bus Riders Leave | **28** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a LEFT/RIGHT  GAME  11:30a LUNCH  12:00p Individual  Activities  1:30p Bus Riders Leave | **29**  8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a BINGO Center  BIRTHDAY Celebrations  11:30a LUNCH  12:00p Individual Activities  1:30p Bus Riders Leave | **30** 8a Center Opens  9a Bus Riders arrive  9:30a Opening /News  10:00a EXERCISE  PICTURE PUZZLES  11:30a LUNCH  12:00p Individual Activity  1:30p Bus Riders Leave | **BOOK/SOCKS** due by  12/4 Monday!!!!  HEADSTART GIFTS | LIVE NATIVITY  **THE CHRISTMAS**  **STORY** @ OAKWELL  5035 CLARKS BLUFF ROAD, KINGSLAND  **DEC 2-3, 6-9P** |
| This contains: Measuring food is not essential for everyone’s goal. But in order to appreciate true nutritional values of foods that fluctuate in size, it’s probably a superb idea. If a caloric deficit or surplus is the aim, ascertaining true caloric values of consumed food is important if goals are to be achieved over time.Call to cancel Your trip.  COASTAL COACHES 1-866-543-6744 | | | | | |