

THANKFUL

November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Lakeville Area Active Adults</p>	<p>2</p> <p>9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance</p>	<p>3</p> <p>NO LAAA PROGRAMS TODAY</p>	<p>4</p> <p>8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games</p>	<p>5</p> <p>8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi</p> <p>5-9 Driver Safety Class (4-hr.)</p>	<p>6</p> <p>8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting</p>	<p>7</p>
<p>8</p> <p>Order your Thanksgiving meal by Nov. 10. Mail or drop off \$7 cash or check (payable to Cub Foods) at the Heritage Center. See page 2 for details.</p>	<p>9</p> <p>9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance</p>	<p>10</p> <p>9:00 Happy Feet 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Active Adults Advisory Comm. Mtg. (virtual-Zoom) 1:00 Musical Jam Session</p> <p>Deadline to order Thanksgiving meals</p>	<p>11</p> <p>Veterans Day Heritage Center Closed</p>	<p>12</p> <p>8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi</p>	<p>13</p> <p>8:15 Yoga 10:00 Bean Bags (inside) 1:00 Tatting 1:00 Social Painting</p>	<p>14</p> <p>8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)</p>
<p>15</p>	<p>16</p> <p>9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance</p>	<p>17</p> <p>10:00 Flexibility & Strength 10:00 Book Club 1 11:00 Bodyweight Strength Training 11:00 Legal Advice 1:00 Bingo 1:00 Medicare Presentation</p>	<p>18</p> <p>8:15 Yoga 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games</p>	<p>19</p> <p>8:30 Morning Meet-Up 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi</p>	<p>20</p> <p>8:15 Yoga 10:00 Bean Bags (inside) 1:00 Social Painting</p>	<p>21</p> <p>Gift Shop in Heritage Center is open weekdays 8:30 a.m.-2:30 p.m.</p>
<p>22</p>	<p>23</p> <p>9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance</p>	<p>24</p> <p>10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Musical Jam Session</p> <p>8:30 a.m.—2:30 p.m. Pick up pre-ordered Thanksgiving dinners at Heritage Center</p>	<p>25</p> <p>NO YOGA TODAY 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games</p>	<p>26</p> <p>Heritage Center Closed</p>	<p>27</p> <p>Heritage Center Closed</p>	<p>28</p>
<p>29</p> <p>9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance</p>	<p>30</p>					



December 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Happy Feet 1 10:00 Book Club #1 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo 5-9 Driver Safety Class (4-hr.)	8:15 Yoga 2 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	8:30 Morning Meet-Up 3 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	8:15 Yoga 4 10:00 Bean Bags 1:00 Social Painting	
	6 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	7 10:00 Creative Writing 8 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Active Adults Advisory Comm. Mtg (virtual-Zoom) 1:00 Musical Jam Session 5-9 Driver Safety Class (½ of 8 hrs.)	8:15 Yoga 9 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games 5-9 Driver Safety Class (½ of 8 hrs.)	8:30 Morning Meet-Up 10 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	11 8:15 Yoga 9-10 Holiday Bingo 10:00 Bean Bags 11-12 Holiday Bingo 1:00 Tatting 1:00 Social Painting 1-2 Holiday Bingo 	12
	13 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	14 10:00 Flexibility & Strength 15 11:00 Bodyweight Strength Training 11:00 Legal Advice 1:00 Bingo	8:15 Yoga 16 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	8:30 Morning Meet-Up 17 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 ABCs of Tai Chi	18 NO YOGA TODAY 10:00 Bean Bags 1:00 Social Painting	19 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
	20 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	21 10:00 Creative Writing 22 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Musical Jam Session	22 NO YOGA TODAY 23 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	24 Heritage Center Closed 25 Heritage Center Closed		26
	27 9:00 S.S. Strength & Balance 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	28 10:00 Flexibility & Strength 29 11:00 Bodyweight Strength Training 1:00 Bingo	30 NO YOGA TODAY 31 8:30 Morning Meet-Up 9:45 & 11 Line Dancing 9:30 Ping Pong 1:00 Dice Games	8:30 Morning Meet-Up 31 9:15 Wii™ Bowling 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training No Tai Chi for Health today No ABCs of Tai Chi today	JAN. 1 Heritage Center Closed 	
						

Day Old Bread available Monday-Friday 10:45 a.m. to 2:30 p.m.