

# WASHINGTON TERRACE SENIOR CENTER

## NOVEMBER 2024

**Hours of Operation: Monday to Friday from 9:00 am to 2:30 pm.**

**LUNCH: 12:00 pm to 1:00 pm (Must RSVP 24 hours in advance)**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>LOW IMPACT EXERCISE 9:00am</b>		<b>CERAMICS 9:00 am by KAREN PADILLA</b>	<b>LOW IMPACT EXERCISE 9:00am</b>	<b>CERAMICS 9:00am by KAREN PADILLA</b>
<b>ART CLASS 12:00pm by RON HARVEY</b>	<b>MUSIC and DANCING with the BAND 10:30am -12:00pm</b>	<b>MUSIC and DANCING with the BAND 10:30am-12:00pm</b>	<b>TAI CHI 10:00am by ELLEN RANTZ</b>	<b>MUSIC and DANCING with the BAND 10:30am -12:00pm</b>
		<b>BLOOD PRESSURE Wednesday, November 13<sup>th</sup>/ 11:30am by MT. OGDEN IN THE TERRACE</b>	<b>ART/OIL PAINTING 12:00pm by RON HARVEY</b>	
<b>HAND &amp; FOOT CARD GAME Wednesdays, 1:00pm</b>		<b>FOOT CLINIC Wednesday, November 27<sup>th</sup>/ 10:00am By CANYON HOME CARE and HOSPICE</b>	<b>BINGO Thursday, November 5<sup>th</sup>&amp;19<sup>th</sup>/ 1:00pm</b>	<b>BEGINNING LINE DANCING 1:00pm by EVELYN BIRD</b>
<b>DOMINOS TRAIN GAME Every afternoon 1:00pm</b>		<b>INTERMEDIATE LINE DANCING 1:00pm by CHRIS STEGAN</b>		
		<b>THANKSGIVING DINNER Wednesday, November 27<sup>th</sup>/ 12:00pm You must sign up ahead!</b>		