



HUMAN SERVICES

ALICIA TREVINO LOPEZ SENIOR CENTER

November 2023

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|---|
| Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby **Early sign in required for some activities |  | 1 Karaoke (LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 2 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Intermediate Pickleball (LR) 5:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm |
| 6 Chair Volleyball (1) 3:45-4:45pm Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Jeopardy (4) 6:30-7:30pm | 7 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Beginner Guitar (4) 4:00-5:30 Intermediate Pickleball (LR) 5:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15 | 8 Beanbag Baseball (LR) 4:30-5:30pm Corn Hole (LR) 5:30pm-6:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm November Craft (L) 5:30pm-6:30pm | 9 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Intermediate Pickleball (LR) 5:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm |
| 13 Chair Volleyball (1) 3:45-4:45pm Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Family Feud (4) 6:30-7:30pm | 14 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Beginner Guitar (4) 4:00-5:30 Intermediate Pickleball (LR) 5:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15 | 15 Karaoke (LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 16 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Intermediate Pickleball (LR) 5:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm |
| 20 Chair Volleyball (1) 3:45-4:45pm Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Jeopardy (4) 6:30 - 7:30 pm | 21 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Beginner Guitar (4) 4:00-5:30 Intermediate Pickleball (LR) 5:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15 | 22 Beanbag Baseball (LR) 4:30-5:30pm Corn Hole (LR) 5:30pm-6:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 23 <p style="text-align: center;">Closed for Holiday</p>  |
| 27 Chair Volleyball (1) 3:45-4:45pm Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Family Feud (4) 6:30-7:30pm | 28 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Beginner Guitar (4) 4:00-5:30 Intermediate Pickleball (LR) 5:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15 | 29 Karaoke LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 30 Chair Volleyball (1) 3:45-4:45pm Beginner Pickleball (LR) 4:00-5:00pm Intermediate Pickleball (LR) 5:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm |