November 2026

We are thankful for you!

Monday	Tuesday	Wednesday	Thursday	Friday
2 PCOA Enhanced Fitness 8:30-9:30 am Samba 9:30-12 pm Chair Strength 10-11 am Health Care Power of Attorney 11 am - Fitness Building Lobby Game Time 1-4 pm	3 VOTE Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Game Time 1-4 pm **Sign up for Meals for next week!**	4 PCOA EnhanceFitness 8:30-9:30 am Garden Club 8:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm Textured Art 10:30-11:30 am Game Time 1-4 pm	5 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm Game Time 1-4 pm	6 PCOA EnhanceFitness 8:30-9:30 am Mahjong 10-2 pm Chair Strength 10-11 am BINGO 10-11:30 am Game Time 1-4 pm
9 PCOA Enhanced Fitness 8:30-9:30 am Samba 9:30-12 pm Chair Strength 10-11 am Game Time 1-4 pm	10 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Craft with Staff 10:30 am Game Time 1-4 pm **Sign up for Meals for next week!**	11 Center Closed VETERANS DAY HONORING ALL WHO SERVED	12 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm Brain Games 1 pm Game Time 1-4 pm	13 PCOA Enhanced Fitness 8:30-9:30 am Mahjong 10-2 pm Chair Strength 10-11 am Game Time 1-4 pm
16 PCOA Enhanced Fitness 8:30-9:30 am Samba 9:30-12 pm Chair Strength 10-11 am Health Care Power of Attorney 11 am - Fitness Building Lobby Game Time 1-4 pm	17 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Game Time 1-4 pm **Sign up for Meals for next week!**	18 PCOA ENHANCE FITNESS 8:30-9:30 am Garden Club 8:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm Stirring the Pot 10:30 am Game Time 1-4 pm	19 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Canasta 10-2 pm Zentangle 10-11 am Craft Ladies 10:30-2 pm BINGOPALOOZA 12:30 pm Game Time 1-4 pm	20 PCOA EnhanceFitness 8:30-9:30 am Mahjong 10-2 pm Chair Strength 10-11 am BINGO 10-11:30 am Game Time 1-4 pm **Nov 21** **Fall Family Festival** **Reid Park 10am - 1pm**
23 PCOA ENHANCE FITNESS 8:30-9:30 am Samba 9:30-12 pm Chair Strength 10-11 am Health Care Power of Attorney 11 am - Fitness Building Lobby Game Time 1-4 pm	24 Active Fitness 8-8:55 am Active Fitness 9:05-10 am Mahjong 10-2 pm Painting w/ Carol 10:30 am Game Time 1-4 pm **Sign up for Meals for next week!**	25 PCOA EnhanceFitness 8:30-9:30 am Garden Club 8:30 am Chair Volleyball 8:30-10 am Table Games 10:30-12 pm Thanksgiving Lunch 12 pm Friendsgiving	26 Happy Thanksgiving Center Closed	27
30 PCOA Enhanced Fitness 8:30-9:30 am Samba 9;30-12 pm Chair Strength 10-11 am Health Care Power of Attorney 11 am - Fitness Building Lobby Game Time 1-4 pm	PCOA **PCOA Meal Program 60+** **Monday-Friday** **12-1 pm** **$2 suggested daily donation** **Registration required** **Sign up due the Tuesday week prior**		Activity Participation requires a daily fee or membership. Inquire at the front desk	Events in Red require preregistration. Some programs have a fee. Please check with front desk staff