H. C. Burnside Senior Center

65 Grahl Drive, Coldwater

Hours: 8:00 am - 4:30 pm
Monday thru Friday

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45am Tai Chi for Arthritis 3_4:30pm Azheimer Support group **2**	1:15pm Wii Bowling League **3**	10-12noon Free Blood Pressure cks. By Southern Care 12noon Music by Mary Temples **4**	10am Volunteer meeting 10:45 Tai Chi for Diabetics 11:00am - 6:00pm "Energy Awareness Day" **5**	10-12noon Free Blood Sugar Tests by The Laurels **6**
10am -11am "How to Beat the Winter Blues" By Amy Duff, Pines Healthy Ideas 10-12noon Hopco Hearing Screening **9**	10-12noon Blood Pressure Checks by Arcadia 12noon Ernie's music 1:30pm GabMores for Ladies Tai Chi program by Linda Ives **10**	CLOSED Veterans Day **11**	10:45 Tai Chi for Diabetics **12**	Special Veterans Program **13**
9:30-11:00am Wii Game Day Event. Fun & Prizes. Sponsored by Pines. **16**	3pm Movie and Popcorn **17**	10-12noon Free Blood Sugar Testing by CHC 11:30-1pm Thanksgiving Dinner & Basket Raffle 12noon Organ music by Kathy Cary 1:30-4pm Digital Photo Class - Sign up Required **18**	10:45am Tai Chi for Diabetics 1:30-4pm Digital Photo Class - Sign up Required **19**	9-1pm Oil Painting Class"Christmas Sleigh" 10-12noon Free Blood Pressure Tests by The Laurels 11:30 - 1pm Home Baked Cookis by Masonville 12noon AARP meeting & lunch 1:30-4pm Digital Photo Class - Sign up Required **20**
23	10-12noon Blood Pressure Checks by Arcadia 1:15pm Wii Bowling League **24**	12noon Music by Donna Green **25**	CLOSED **26**	CLOSED **27**
11am-12noon Blood Pressure checks by Lifespan **30**				

Special Events: Saturday Night Dance Novembe 21st 6-10pm

Live Band, Donations @ door

All Events Subject to Change