

Monday

Tuesday

Wednesday

Thursday

Friday

# TRU PACE

## November 2023

\*\*\*ALL Programs Are Subject to Change Without Notice\*\*\*

|   |  |   |  |  |  |   |  |   |  |
|---|--|---|--|--|--|---|--|---|--|
| <p>9:30 Bingo - Zoom <b>6</b></p> <p>10:30 Balance Class with Tina - Zoom</p> <p>1:30 Purple Art - Zoom</p>   |  | <p>9:30 Time for a Tale <b>7</b></p> <p>10:00 Craft Corner - Turkey Wreath</p> <p>1:30 Music with Aaron - Zoom</p> <p>2:30 Cornhole</p>     |  | <p>9:15 Trivial Pursuits <b>1</b></p> <p>10:15 Fitness with Tina - Zoom</p> <p>1:30 Music with Chuck - Zoom</p> <p>2:30 Dia de los Muertos Celebration</p>                       |  | <p>9:30 Cranium Crunches <b>2</b></p> <p>10:30 Battle Axes</p> <p>1:30 Family Feud</p> <p>2:30 Yoga Flow - Zoom</p>                             |  | <p>9:30 Loteria - Zoom <b>3</b></p> <p>10:30 Left, Right, Center</p> <p>1:15 Friday Matinee - Jurassic Park</p>   |  |
| <p>9:30 Bingo - Zoom <b>13</b></p> <p>10:30 Balance Class with Tina - Zoom</p> <p>1:30 Veterans Ceremony - Zoom</p>   |  | <p>9:30 Time for a Tale <b>14</b></p> <p>10:30 PAC Meeting - Zoom</p> <p>1:30 Craft Corner - Crayon Art</p> <p>2:30 Left, Right, Center</p> |  | <p>9:15 Crosswords with Friends <b>8</b></p> <p>10:15 Fitness with Tina - Zoom</p> <p>1:30 Games, Giggles and PJs Birthday Bash with Donny - Zoom</p> <p>2:30 Name that Tune</p> |  | <p>9:30 Hangman <b>9</b></p> <p>10:30 Ping Pong Trivia</p> <p>1:30 EZ Does it Cooking - Mini Sweet Potato Pies</p> <p>2:30 Yoga Flow - Zoom</p> |  | <p>9:30 Harry Potter Bingo - Zoom <b>10</b></p> <p>10:45 Harry Potter Games</p> <p>12:30 Butter Beer</p> <p>1:00 Friday Matinee - Harry Potter and the Sorcerer's Stone</p> |  |
| <p>9:30 Bingo - Zoom <b>20</b></p> <p>10:30 Balance Class with Tina - Zoom</p> <p>1:30 Purple Art - Zoom</p> <p>2:30 Lonesome Rolan on the Piano - Zoom</p> |  | <p>9:30 Time for a Tale <b>21</b></p> <p>10:30 Music with Joy and Beth - Zoom</p> <p>1:30 Jukebox Bingo - Zoom</p> <p>2:30 Bowling</p>      |  | <p>9:15 Music with Aaron - Zoom <b>5</b></p> <p>10:15 Fitness with Tina - Zoom</p> <p>1:30 Winter Auction/Sale</p>   |  | <p>9:30 Crosswords with Friends <b>16</b></p> <p>10:30 Drum Fit</p> <p>1:30 Cooking with Jodi - Zoom</p> <p>2:30 Yoga Flow - Zoom</p>           |  | <p>9:30 Loteria - Zoom <b>17</b></p> <p>10:30 Dazzling Dancing Spirit Horses</p> <p>1:30 Friday Matinee - Miracle on 34th Street</p>  |  |
| <p>9:30 Bingo - Zoom <b>27</b></p> <p>10:30 Balance Class with Tina - Zoom</p> <p>1:30 Purple Art - Zoom</p>  |  | <p>9:30 Time for a Tale <b>28</b></p> <p>10:30 Save the Snowman</p> <p>1:30 Trivial Pursuits</p> <p>2:30 Bean Bag Skee-Ball</p>             |  | <p>9:30 I-Spy - Junk Drawer Detectives <b>22</b></p> <p>10:15 Fitness with Tina - Zoom</p> <p>1:30 Let's Make a Deal</p>   |  | <p>Happy Thanksgiving <b>23</b></p> <p>TRU PACE CLOSED</p>  |  | <p>TRU PACE CLOSED <b>24</b></p>    |  |
| <p>9:30 Bingo - Zoom <b>29</b></p> <p>10:30 Balance Class with Tina - Zoom</p> <p>1:30 Purple Art - Zoom</p>  |  | <p>9:30 Crossword Craze <b>29</b></p> <p>10:15 Fitness with Tina - Zoom</p> <p>1:30 Craft Corner - A Piece of Me Keepsake</p>               |  | <p>9:30 Bingo - Zoom <b>30</b></p> <p>10:30 Balloon Volleyball</p> <p>1:30 Toss the Snowballs Game</p> <p>2:30 Yoga Flow - Zoom</p>  |  | <p>There is always something to be thankful for!</p>       |  |   |  |

Yellow highlighted=Fitness Programs

Green highlighted = Special Events

Blue highlighted = Vibrancy