









**CITY OF GALLUP SENIOR PROGRAM**

**NOVEMBER 2017 ACTIVITIES COME AND JOIN US FOR EDUCATION, EXERCISE AND FUN!! 607 N. 4<sup>TH</sup> STREET- GALLUP, NEW MEXICO  
87301 (505) 722-4740 DAILY CENTER ACTIVITIES: 8-BALL, PUZZLES, TV, EXERCISE, AND LIBRARY.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
 <b>Sunday, Nov 5</b>		<b>1</b> Puzzles 8:30-? 11 am—Aerobics 10am-Cards with Ethel & Karen 1-2:15– Zecca Plaza Line Dancing-1pm	<b>2</b> Puzzles 8:30-? 10a-11a Lining Dancing Fall Prevention Exercises 10am - 11am in the Gym 1pm BINGO/RAFFLE  	<b>3</b> Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway
<b>6</b> Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen	<b>7</b> Puzzles 8:30-? 1p-2:15 Post Office/Bank 1pm Beading with Yvonne	<b>8</b> Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Zecca Plaza Line Dancing-1pm	<b>9</b> Puzzles 8:30-? 10a-11a Lining Dancing Fall Prevention Exercises 10am - 11am in the Gym 1pm BINGO/RAFFLE  	<b>10 CLOSED</b>  
<b>13</b> Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen	<b>14</b> Puzzles 8:30-? 10:30a Sr. Advisory Council Mtg 1p-2:15 Post Office/Bank 1pm Beading with Yvonne	<b>15</b> Puzzles 8:30-? 11 am—Aerobics 10am-Cards with Ethel & Karen 1-2:15– Zecca Plaza Line Dancing-1pm	<b>16</b> Puzzles 8:30-? 10a-11a Lining Dancing Fall Prevention Exercises 10am - 11am in the Gym 1pm BINGO/RAFFLE  	<b>17</b> Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway
<b>20</b> Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen	<b>21</b> Puzzles 8:30-? 9am Pool Tournament 1p-2:15 Post Office/Bank 1pm Beading with Yvonne	<b>22</b> Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Zecca Plaza Line Dancing-1pm	<b>23 CLOSED</b>  	<b>24 CLOSED</b>  
<b>27</b> Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart, Mall or Dollar Tree 10am -Cards with Ethel & Karen	<b>28</b> Puzzles 8:30-? 1p-2:15 Post Office/Bank 1pm Beading with Yvonne	<b>29</b> Puzzles 8:30-? 11 am– Aerobics 10am-Cards with Ethel & Karen 1-2:15– Zecca Plaza Line Dancing-1pm	<b>30</b> Puzzles 8:30-? 10a-11a Lining Dancing Fall Prevention Exercises 10am - 11am in the Gym 1pm BINGO/RAFFLE  	

11-1-17 Flu Shots  
10am - 11am

11-5-17 Turn Clocks back  
1 hour

11-10-17 Veteran's Day  
Center CLOSED

11-13-17 MEDICARE OPEN  
ENROLLMENT 10am - 3pm

11-14-17 Sr. Advisory Mtg.  
10:30am

11-21-17 Pool Tournament  
9am

11-23 & 11-24, 2017  
Center CLOSED for  
Thanksgiving Holiday

**NEW!**  
Fall Prevention Exercise  
In the Gym 10am - 11am