

## Peggy Seegars Senior Center

## November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>***Tai Chi For Arthritis -</b> 11:00 am <i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><b>*WAGES Frozen Meals</b> 9:00 am <b>***Tai Chi For Arthritis – 2:30 pm</b></p>	<p><b>Parking Lot Line Dance 9:30</b> a.m. <b>**Arthritis Ex Class in the</b> <b>parking lot - 11:00 am</b></p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>***Tai Chi For Arthritis -</b> 11:00 am <b>Veterans Day Recognition on</b> <b>Facebook Live</b> <i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><b>Food Bank</b> 10:30 a.m. <b>Must pre-register</b> <b>Contact Christine Pittman @</b> <b>919-731-1586</b> <i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>		<p><b>*WAGES Frozen Meals</b> 9:00 am <b>***Tai Chi For Arthritis – 2:30 pm</b></p>	<p><b>Parking Lot Line Dance 9:30</b> a.m. <b>**Arthritis Ex Class in the</b> <b>parking lot - 11:00 am</b></p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>***Tai Chi For Arthritis -</b> 11:00 am <i>Medicare Open Enrollment</i> 9:00am – 12:00pm</p>	<p><i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>			
<b>29</b>	<b>30</b>			
<p><b>***Tai Chi For Arthritis -</b> 11:00 am <i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><i>Medicare Open Enrollment</i> 9:00 am – 12:00 pm</p>	<p><b>Pre-Registration is</b> <b>required for all classes and</b> <b>activities.</b> Please see notes at bottom of page for registration.</p>	<p><b><u>Christmas Party at The Max</u></b> <b>Wed., December 2<sup>nd</sup> at 11:00 am.</b> <b>****Must pre-register by</b> <b>November 16th</b></p> 	<p><i>Follow Fitness classes with</i> <i>Lisa Weston daily on Cable</i> <i>channel 10 at 8:00 a.m. &amp;</i> <i>3:00 p.m.</i></p>

**\* WAGES Frozen Grab & Go Meals – Mt. Olive Mondays @ 9:00 – 11:00 a.m. - Goldsboro on Thursdays 9:30 – 11:00 a.m. To register call WAGES 919-580-1790.**

**\*\* Arthritis Class registration – contact Lisa Weston @ 919-705-1920. Must pre-register - Class size is limited.**

**\*\*\* Tai Chi class – Class is closed to new members at this time.**

**\*\*\*\*To pre-register for Christmas Party by November 16<sup>th</sup> call Holly Williams at 919-705-1928**

**----For all activities MUST pre-register to participate----**

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