



Tuesday

Wednesday

Thursday

Friday

<p>5 8:30-10 Coffee/Coloring/Games 9:30-10:30 Empowerment 10:30 -11:30 Dynamic Dancing with Michaela 11:30 Lunch 1:00-2:00 Video Chair Fitness</p>	<p>6 8:30-10 Coffee/Coloring/Games 10:30-11:30 Yoga with Ellen 11:30 Lunch 12 - 1 Lifelong Learning: Valley Metro – Travel Training with Natasha</p>	<p>7 8:30-10 Coffee/Coloring/Games 10:00-11:00 Dance Fusion – Shana 11:30 Lunch 1:00-2:00 Video Chair Fitness</p>	<p>8 8:30-10 Coffee/Coloring/Games 11:30 Lunch 12:00 Movie & Popcorn: Tomb Raider</p>
<p>12 8:30-10 Coffee/Coloring/Games 9:30-10:30 Empowerment 10:30 -11:30 Dynamic Dancing with Michaela 11:30 Lunch 1:00-2:00 Video Chair Fitness</p>	<p>13 8:30-10 Coffee/Coloring/Games 10:00-11:00 Nutrition BINGO - Elda 10:30-11:30 Yoga with Ellen 11:30 Lunch 12:00 Lifelong Learning: “Phoenix Art Museum</p>	<p>14 8:30-10 Coffee/Coloring/Games 10-11 Donisha/Archwell 10:00-11:00 Dance Fusion - Shana 11:30 Lunch 11:30-12 Lunch & Learn - Medicare Info 1:00-2:00 Video Chair Fitness</p>	<p>15 8:30-10 Coffee/Coloring/Games 9:30 – 12:00 Field Trip “As You Wish” Registration Required</p>
<p>19 8:30-10 Coffee/Coloring/Games 9:30-10:30 Empowerment 10:30 -11:30 Dynamic Dancing with Michaela 11:30 Lunch 1:00-2:00 Video Chair Fitness</p>	<p>20 8:30-10 Coffee/Coloring/Games 10:30-11:30 Yoga with Ellen 11:30 Lunch 12:00 Lifelong Learning: “Tempe Police Department – Crime Prevention and Safety Awareness – Molly E.</p>	<p>21 8:30-10 Coffee/Coloring/Games 10:00-11:00 Dance Fusion - Shana 11:30 Lunch 1:00-2:00 Video Chair Fitness</p>	<p>22 8:30-10 Coffee/Coloring/Games 11:30 Thanksgiving Luncheon 12:00 Movie & Popcorn: Master and Commander</p>
<p>26 8:30-10 Coffee/Coloring/Games 9:30-10:30 Empowerment 10:30 -11:30 Dynamic Dancing with Michaela 10:30 -11:30 Crafts w/Leneah 11:30 Lunch 12-1 Music Therapy & BINGO 1:00-2:00 Video Chair Fitness</p>	<p>27 8:30-10 Coffee/Coloring/Games 10:30-11:30 Yoga with Ellen 11:30 Lunch 10:30 – 12:30 U of A Health Screenings 1:00-2:00 Birthday Bingo Bash</p>	<p>28 HAPPY</p>	<p>29 THANKSGIVING</p> 

Lifelong Learning Series Learning new things helps keep your brain sharp, improves memory, and increases self-confidence. Join us for this fun series, as we learn about a wide variety of topics from speakers and documentaries. Call to sign up. (480) 350-5867

- 11/6 12 - 1** **Valley Metro Travel Training** – Come and learn from Natasha on how to use Valley Metro safely.
11/8 12 - 1 **Phoenix Art Museum** – Join
11/15 12 - 1 **Tempe Police Department – Crime prevention and Safety Awareness** – Learn how to keep yourself safe.
* The City of Tempe neither endorses nor sponsors the organization providing this information.

Fun with Donisha Come and join Donisha from Archwell Health. Thursday Nov 14th 10-11
Nutrition BINGO Join

Readers Theater Join us Thursday, November 9th at 12:00 for some fun! Frontier Mortician and Game Show will be our after-lunch entertainment.

Movie and Popcorn Join us for Movie Fridays. Snack provided with the movie.

- 11/1 12:00 - Leatherheads** A football movie from the 1920's. A war hero is recruited to the team to try and gain attention for a sagging sport.
11/17 12:00 - Tomb Raider Lara Croft is hoping to find the mystery of her father's disappearance, taking her to a fabled tomb on a mythical island.
11/24 12:15 – Master and Commander In 1805, a ships commander goes after a powerful French vessel.

Thanksgiving Lunch

Friday, Come and join us for a shared meal, while giving THANKS for all that we have.

Fitness Classes Did you know, seniors that exercise tend to have improved immune function, better balance, and more energy? It's true! Join us for one, or all, of our weekly exercise classes. Call today to sign up! (480) 350-5867

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| Tues & Thurs | 1:00-2:00pm | Geri-Fit | Enjoy this fun chair-based workout that uses bands and weights. |
| Tuesdays | 10:00-11:00am | Dynamic Dancing | This class is a great way to have fun and get exercise at the same time. |
| Wednesdays | 10:30-11:30am | Senior Yoga | This class helps enhance your balance, flexibility, and strength while also helping you reduce stress. |
| Thursdays | 10:00-11:00am | Dance Fusion | This class will take you through a variety of dance styles to get you moving and grooving. |

Center Information

Open Tuesday – Friday 8:30 – 2:30 **Escalante Senior Center 2150 E. Orange St. Tempe AZ 85281** **Phone # 480-350-5867**