





Northwest Community Center  
 701 Saxon Ave.  
 Spartanburg, SC 29304  
 (864) 562-4291  
 Recreation Assistant: Drew Means

# NOVEMBER 2019

Programming provided on  
 Monday – Friday 8:30 am – 1:00 pm  
 All activities are subject to change



## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:00—Gym Walk 9:30—Balloon Toss 10:00—Songs of Praise with Jackie 11:00—Arthritis Exercise 12:00—Bag Lunch	<b>2</b>
<b>3</b>	<b>4</b> 9:00—Gym Walk 9:30—Nurse Lori 10:30—Cuirt Bomar Songs & Praise 11:30—Nutrition Education 12:00—Lunch	<b>5</b> 9:00—Gym Walk 10:00—Monopoly Tournament 11:00—Arthritis Exercise 11:10—Intergenerational Connections Workshop 12:00—Lunch	<b>6</b> 9:00—Gym Walk 9:30—Ball Toss 10:00—Connect Four 11:00—Arthritis Exercise 12:00—Lunch	<b>7</b> 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch	<b>8</b> 9:00—Gym Walk 9:30—Balloon Toss 10:00—BP Check 11:00—Arthritis Exercise 12:00—Bag Lunch	<b>9</b>
<b>10</b>	<b>11</b> <b>CLOSED</b> <b>Veterans Day</b> 	<b>12</b> 9:00—Gym Walk 10:00—Pastor Chancy Sims 11:00—Arthritis Exercise 11:10—Intergenerational Connections Workshop 12:00—Lunch	<b>13</b> 9:00—Gym Walk 9:30—Advisory Meeting 10:00—Beyond Limits Bunny 11:00—Arthritis Exercise 12:00—Lunch	<b>14</b> 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch	<b>15</b> 9:00—Gym Walk 9:30—Balloon Toss 10:00—BP Check 11:00—Arthritis Exercise 12:00—Bag Lunch	<b>16</b>
<b>17</b>	<b>18</b> 9:00—Gym Walk 9:30—Horseshoes 10:30—Min. Cynt Brown 11:30—Button Button 12:00—Lunch	<b>19</b> 9:00—Gym Walk 10:00—Spades 11:00—Arthritis Exercise 11:10—Intergenerational Connections Workshop 12:00—Lunch	<b>20</b> 9:00—Gym Walk 9:30—Connet Four 10:00—Andrea Bailey, NP 11:00—Arthritis Exercise 12:00—Lunch	<b>21</b> 9:00—Gym Walk 9:30—Choir 10:30—Bible Study with Min. Harris 12:00—Lunch	<b>22</b> 9:00—Gym Walk 9:30—Balloon Toss & Crafts 10:00—BP Check 11:00—Arthritis Exercise 12:00—Bag Lunch	<b>23</b>
<b>24</b>	<b>25</b> 9:00—Gym Walk 9:30—New Day Book 10:30—Dance Contest 11:30—Birthday Party 12:00—Lunch	<b>26</b> 9:00—Gym Walk 10:00—Crafts 11:00—Arthritis Exercise 11:10—Intergenerational Connections Workshop 12:00—Lunch	<b>27</b> 9:00—Gym Walk 9:30—Pool Game 10:00—Thanksgiving Breakfast 11:00—Arthritis Exercise 12:00—Lunch	<b>28</b> <b>CLOSED</b> <b>Thanksgiving Day</b> 	<b>29</b> <b>CLOSED</b>	<b>30</b>