




eliminating racism
empowering women

ywca

Metropolitan Phoenix

www.ywcaaz.org

VALLEY WEST CENTER ACTIVITIES NOVEMBER 2017

	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo	2 9:00 Coloring Contest 10:00 Exercise-Tai Chi 11:00 Presentation Assisted Living	3 8:00 Socialization 9:00 Exercise-Tai Chi 10:00 Crafting Activity	4
5	6 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	7 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	8 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo	9 8:00 Socialization 10:00 Presentation Hospice 11:00 Site Council	10 CLOSED VETERAN'S DAY	11 
12	13 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	14 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	15 8:00 Travel Series 9:00 Exercise-Tai Chi 10:30 Nickel Bingo	16 8:00 Socialization 10:00 Exercise-Tai Chi 11:00 Thanksgiving Grocery Bingo	17 9:00 Exercise-Tai Chi Thanksgiving Lunch Entertainment Gene Vaughan	18
19	20 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	21 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	22 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo 12:30 MOVIE see flyer	23 CLOSED THANKSGIVING	24 CLOSED THANKSGIVING	25 
26	27 8:00 Socialization 9:00 Exercise-Walk & Roll 10:00 Crafts Afternoon Chit Chat	28 8:00 Socialization 10:00 Sing-Along With Gene V. 11:00 Crafting Activity	29 8:00 Socialization 9:00 Exercise-Tai Chi 10:30 Nickel Bingo	30 8:00 Socialization 10:00 Exercise-Tai Chi Birthday Celebration		
	Check us Out	On Face Book	www.facebook.com/ywcaseniorcenter			