



**YMCA OF MONTCLAIR Lectures and Activities
November 2018**

Room Location S– Senior Room M– Meeting Room
L– Lower Lobby H–Holm Room

Mon	Tue	Wed	Thu	Fri
<p>For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wredding@montclairymca.org</p>			1	<p>2 Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)</p>
<p>5 Pickle Ball <u>Every Monday</u> in the gymnasium 11:00am - 12 :15 pm Equipment provided (G)</p>	6	<p>7 Chat and Share 9:30-10:00 am (S) Jewelry Sale 9:30-11:00 am (L)</p>	<p>8 Adult Coloring for Stress. Color your "I'm Grateful for..." Mandala Supplies provided. 10:00-11:00 am (S)</p>	<p>9 Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)</p>
<p>12 "Veterans Day Program" "Women at War: The Story of Fifty Military Nurses Who Served in Vietnam" by Elizabeth Norman 10:30-11:30 am (S)</p>	<p>13 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00 am (S)</p>	<p>14 Chat and Share 9:30-10:00 am (S) Gift, Jewelry & Bake Sale 9:00am-12:00pm (L) Evening Sale 5:00-7:00pm (L)</p>	15	<p>16 Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)</p>
<p>19 November Birthdays Bring a snack to share 9:30-10:30 am (S)</p>	<p>20 "Cooking healthy meals for 1-2 people" by Jessica Serdikoff, RDN, CPT, Brookdale ShopRite 11:15am-12:15pm (S)</p>	<p>21 "Thanksgiving Social, celebrate being thankful" Bring a snack to share 9:30-11:00 am (S)</p>	<p>22 HAVE A HAPPY AND HEALTHY THANKSGIVING! The YMCA of Montclair will be closed for the Holiday. Be ready for our Friday workouts!</p>	<p>23 Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)</p>
<p>26 YMCA Book Club 9:30-10:15 am (S)</p>	27	<p>28 Chat and Share 9:30-10:00 am (S) Brain Teasers 10:00-10:30am (S)</p>	29	30