

# November

## Aging Ahead St. Charles - Senior Center Activities

# 2024

Monday

Tuesday

Wednesday

Thursday

Friday

CENTER OPEN:  
MONDAY-FRIDAY  
**9:00AM - 2:00PM**  
1455 Fairgrounds Rd.  
St. Charles, MO 63301



PLEASE CALL THE  
CENTER FOR LUNCH  
RESERVATIONS.  
THANK YOU!  
636-949-0658  
[stcharles@agingahead.org](mailto:stcharles@agingahead.org)



1

9AM: Quilting  
10AM: BINGO



LUNCH 11:00A-12:00P

4

9AM: Woodcarvers  
12PM: Exercise Video



LUNCH 11:00A-12:00P

5

Puzzles, Card Games, Pool

LUNCH 11:00A-12:00P

6

9AM: Quilting  
10AM: BINGO  
Rummage Sale



LUNCH 11:00A-12:00P

7

9-10AM: Ping Pong  
10AM: TAI CHI



LUNCH 11:00A-12:00P

8

9AM: Quilting  
10AM: BINGO

Humana/Medicare Resource Table



LUNCH 11:00A-12:00P

11

9AM: Woodcarvers  
12PM: Exercise Video



LUNCH 11:00A-12:00P

12

Puzzles, Card Games, Pool

LUNCH 11:00A-12:00P

13

9AM: Quilting  
10AM: BINGO



LUNCH 11:00A-12:00P

14

9-10AM: Ping Pong  
10AM: TAI CHI



LUNCH 11:00A-12:00P

15

9AM: Quilting  
10AM: Birthday Celebration  
Entertainment: Tricke & Holmes



LUNCH 11:00A-12:00P

18

9AM: Woodcarvers  
12PM: Exercise Video



LUNCH 11:00A-12:00P

19

Puzzles, Card Games, Pool

LUNCH 11:00A-12:00P

20

9AM: Quilting  
10AM: BINGO



LUNCH 11:00A-12:00P

21

9-10AM: Ping Pong  
10AM: TAI CHI



LUNCH 11:00A-12:00P

22

9AM: Quilting  
10AM: BINGO



LUNCH 11:00A-12:00P

25

9AM: Woodcarvers  
12PM: Exercise Video



LUNCH 11:00A-12:00P

26

Puzzles, Card Games, Pool

LUNCH 11:00A-12:00P

27

9AM: Quilting  
10AM: Cake Walk



LUNCH 11:00A-12:00P

28

THANKSGIVING  
CENTER CLOSED



29

THANKSGIVING  
CENTER CLOSED



