

# ***NOVEMBER 2024***

**Nov. 4- Talk with Tikila - 10:30**

**Nov. 5- Election Day-Center Closed**

**Nov. 6- Timeless Fitness Class - 9:00**

**Nov. 6- Responding to Addiction Training 1:00-3:00**

**November 7- Caregiver Support Group-10:00**

**November 7- Bingo w/ Stephanie - 12:30**

**November 8 -Feast Down East Farmers Market - 9:30-11:30**

**November 8 - Aging Resources w/ Taikila - 12:30**

**November 11 - Center Closed for Veterans Day**

**November 12 - Diabetes Presentation by Brunswick County Health Services - 10:00**

**November 13- Timeless Fitness - 9:00**

**November 13-Brain Health (Meditation) - 10:00**

**November 14- Caregiver Support Group - 10:00**

**November 14 - Ageism Presentation via Zoom-10:00**

**November 15- Heir Property-Challenges & Opportunities - 10:00**

**November 18- Muffins for the Military - 10:00**

**November 18- Brunswick County Veterans Services - 10:30**

**November 18- Introduction to Intuitive Painting - 10:00**

**November 19- Get to know your iPhone-10:00**

**November 20- Timeless Fitness Class - 9:00**

**November 20- Brain Health (Technology) - 10:00**

**November 21- C-Breeze Band, Birthday Celebration-10:30**

**November 26- Decorate the center Holiday Tree - 10:00**