

# LITCHFIELD SENIOR CENTER ACTIVITIES CALENDAR - November, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
If RSU4 school is called off due to stormy weather, the Senior Center activities will be closed as well.	Exercise equipment available Mon & Friday when the Center is open or look for the open flag on Wed.	<b>“Winter Sand for Seniors” call 207-446-6275 to be put on the list for a delivery of a 5 gal. bucket of sand.</b>		<b>1</b> 8:30 Indoor walking with Dian & friends 9:30 Qigong/Tai Chi exercises 10 Card games 12 BYO lunch 1 Unlucky 7’s/cards/games	2/3
<b>4</b> 1:30 pm The Litchfield Senior Steppers to perform at St. Mary’s Residences, Lewiston Bus leaves at 12:30 pm from Sportsmen’s Club	<b>5</b>	<b>6</b> Qigong/Tai Chi at 9 am Music practice at 10-12 at Litchfield Sportsmen’s Club	<b>7</b>	<b>8</b> 8:30 Indoor walking with Dian & friends 9:30 Qigong/Tai Chi exercises 10 Card games 12 BYO lunch 1 Unlucky 7’s/cards/games	9/10
<b>11</b> <b>Veteran’s Day</b>	<b>12</b>	<b>13</b> Qigong/Tai Chi at 9 am Music practice at 10 am at Litchfield Sportsmen’s Club	<b>14</b>	<b>15</b> 8:30 Indoor walking with Dian & friends 9:30 Qigong/Tai Chi 10 Card games 12 Potluck lunch & celebrate November Birthdays 1 Unlucky7’s/cards/games	<b>16/17</b>
<b>18</b> 10:30 Litchfield Steppers perform at Alzheimers Care Center, Gardiner; Leave at 9:30 from Sportsmen’s Book Club meeting @ 1 the book to be discussed is “Look on the Bright Side” by Kristen Higgins	<b>19</b>	<b>20</b> Qigong/Tai Chi at 9 am Music practice at 10 am at Litchfield Sportsmen’s Club	<b>21</b> <b>1 Seniors Advisory Committee meeting</b>	<b>22</b> 8:30 Indoor walking with Dian & friends 9:30 Qigong/Tai Chi 10 Card games 12 BYO lunch 1 Unlucky7’s/cards/games	<b>23/24</b>
<b>25</b> 9:30-11 Line Dancing at Litchfield Sportsmen’s Club; Senior Center open at 11:30-2	<b>26</b>	<b>27</b> Qigong/Tai Chi at 9 am Music practice at 10 am at Litchfield Sportsmen’s Club	<b>28</b> <b>Thanksgiving Day</b>	<b>29</b> <b>Thanksgiving Break – Center closed</b>	<b>30</b>

Pat Soboleski, Director – Center phone 446-6275  
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 Next to Libby Tozier Elementary School  
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