



Passmore Center Activity Calendar

November 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|--|--|--|--|---|---|
| | | | | | <p>8:00am - 8:00pm Volunteer Connect 55+ ¹</p> <p>8:00am - 5:00pm Billiards</p> <p>8:00am - 11:00am Table Tennis</p> <p>9:00am - 11:30am Rummikub</p> <p>9:30am - 11:30am Rook</p> <p>10:00am - 1:00pm Open Artist Studio/Crochet a</p> <p>10:00am - 12:00pm Dominoes</p> <p>10:00am - 12:00pm Plastic Pumpkin Snowman D</p> <p>11:00am - 11:45am Silver Sneakers Strength Fri</p> <p>12:00pm - 1:00pm Passmore Lunch Program</p> <p>12:30pm - 4:00pm Contract Bridge</p> <p>12:30pm - 4:00pm Mah Jong</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:30pm - 3:30pm Open Pottery Studio</p> | <p>8:00am - 8:00pm ² Volunteer Connect 55+</p> <p>9:00am - 11:00am Sportsplex Class</p> <p>9:00am - 2:00pm Holiday Bazaar</p> |
| <p>8:00am - 8:00pm ³ Volunteer Connect 55+</p> | <p>3:00am - 4:00pm ⁴ Art Show Exhibition</p> <p>8:00am - 8:00pm Volunteer Connect 55+</p> | <p>8:00am - 8:00pm ⁵ Volunteer Connect 55+</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm ⁶ Volunteer Connect 55+</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm ⁷ Volunteer Connect 55+</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm ⁸ Volunteer Connect 55+</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm ⁹ Volunteer Connect 55+</p> <p>9:00am - 11:00am Sportsplex Class</p> |

Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 prior to the event or activity to verify that there have been no program changes.

Passmore Center Activity Calendar

November 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

| | | | | | | |
|--------------------|---|--|---|--|---|--------------------|
| <i>(Continued)</i> | <i>(Continued)</i> | <i>(Continued)</i> | <i>(Continued)</i> | <i>(Continued)</i> | <i>(Continued)</i> | <i>(Continued)</i> |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 8:00am - 5:00pm Billiards | 8:30am - 9:30am Hula Hooping | 8:30am - 9:20am Art of Balance | 8:30am - 9:30am Hula Hooping | 8:00am - 11:00am Table Tennis | |
| | 8:45am - 9:45am Pacesetter Class | 9:00am - 10:00am Tap Dance-Beginners | 8:45am - 9:45am Pacesetter Class | 9:00am - 5:00pm Project EngAGE Training | 9:00am - 11:30am Rummikub | |
| | 9:00am - 11:30am Rummikub | 9:00am - 11:30am Rummikub | 9:00am - 11:00am Leatherworks | 9:30am - 11:30am Blood pressure check | 9:00am - 4:00pm Physical Function Screen-No | |
| | 10:00am - 12:30pm Open Pottery Studio | 9:00am - 4:00pm SHIIP Open Enrollment | 9:00am - 11:30am Rummikub | 9:30am - 11:00am Line Dance-Thursdays | 9:30am - 11:30am Rook | |
| | 10:00am - 10:50am Aerobics | 10:00am - 11:00am Inspirational Topics | 9:00am - 12:00pm SHIIP Open Enrollment | 10:00am - 11:30am Hillsb. Garden Club | 10:00am - 1:00pm Open Artist Studio/Crochet a | |
| | 10:00am - 11:30am Project EngAGE | 10:00am - 11:00am TOPS Weigh in | 10:00am - 12:00pm Karaoke Sing A Long | 10:00am - 11:15am Strong and Steady | 10:00am - 12:00pm Dominoes | |
| | 10:00am - 12:00pm Dominoes | 10:00am - 11:15am Strong and Steady | 10:00am - 10:50am Aerobics | 10:00am - 1:00pm Creative Crafters | 11:00am - 11:45am Silver Sneakers Strength Fri | |
| | 10:00am - 11:30am Jolly 79ers Club | 10:00am - 1:00pm Passmore Piece Makers Quil | 10:00am - 12:00pm Dominoes | 10:00am - 12:00pm Dominoes | 12:00pm - 1:00pm Passmore Lunch Program | |
| | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 10:00am - 12:00pm Dominoes | 10:30am - 12:00pm Nifty Knitters | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 12:30pm - 4:00pm Contract Bridge | |
| | 10:30am - 11:30am Savvy Savers Couponing | 10:00am - 11:00am Tap Dance-Intermediate | 11:00am - 11:45am Silver Sneakers-Mondays an | 10:00am - 12:00pm Nutrition Information | 12:30pm - 4:00pm Mah Jong | |
| | 10:30am - 12:30pm American Sign Language II | 10:00am - 12:00pm Matter of Balance | 11:15am - 12:00pm Salli's Seated Workout | 10:30am - 11:30am Scrabble Talk | 1:00pm - 4:00pm Hand & Foot Card Game | |
| | 11:00am - 11:45am Silver Sneakers-Mondays an | 10:30am - 5:00pm Southern Supreme Fruitcake | 12:00pm - 1:00pm Passmore Lunch Program | 11:00am - 1:00pm Table Tennis | 1:30pm - 3:30pm Open Pottery Studio | |
| | 12:00pm - 1:00pm Passmore Lunch Program | 11:00am - 12:00pm Take off pounds sensibly | 12:30pm - 4:00pm Contract Bridge | 12:00pm - 1:00pm Passmore Lunch Program | 2:00pm - 3:00pm Classical Up-Close Robert B | |
| | 12:00pm - 12:30pm Birthday Party-November | 11:00am - 12:30pm True Movement | 12:30pm - 2:00pm Beginning Pottery | 1:00pm - 4:00pm Hand & Foot Card Game | | |
| | 12:30pm - 4:00pm Contract Bridge | 12:00pm - 1:00pm Passmore Lunch Program | 1:00pm - 4:00pm Hand & Foot Card Game | 1:00pm - 3:00pm Bakgammon & Checkers | | |
| | 12:30pm - 2:30pm Pottery-Mon | 12:30pm - 1:30pm Passmore Singing Group | 1:00pm - 4:00pm Wood Carving Club | 1:00pm - 5:00pm Spades | | |
| | 12:45pm - 1:45pm American Sign Language III | 12:30pm - 4:00pm Mah Jong | 2:00pm - 5:00pm Pickle Ball-Wed and Fri | 1:00pm - 8:00pm SHIIP Open Enrollment | | |

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Passmore Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|---|---|--|---|---|---|
| <p><i>(Continued)</i> 3</p> | <p><i>(Continued)</i> 4</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 1:45pm Line Dance Beginners</p> <p>2:00pm - 3:30pm Line Dance-Mondays</p> <p>2:00pm - 4:00pm American Sign Language I</p> <p>3:00pm - 5:00pm Moving Forward Live AFG</p> <p>3:00pm - 5:00pm Oil Painting</p> <p>4:00pm - 8:00pm SHIP Open Enrollment</p> <p>4:30pm - 6:00pm Tarheel Depression Glass Cl</p> <p>4:30pm - 5:30pm Tai Chi -Chen-November</p> <p>5:00pm - 8:00pm Pickle Ball-Monday</p> <p>5:30pm - 8:00pm Dinner with David</p> <p>5:30pm - 8:00pm Cooking & Dinner with David</p> <p>6:00pm - 6:50pm Tai Chi Wu/Hao-November</p> <p>6:00pm - 8:00pm Pottery Class-Evening</p> | <p><i>(Continued)</i> 5</p> <p>12:30pm - 5:00pm Acupuncture</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 2:30pm Chess</p> <p>1:00pm - 2:30pm Line Dance-Tuesday</p> <p>2:00pm - 3:30pm Acrylic Painting</p> <p>2:00pm - 3:00pm Newcomers' Welcome-Nove</p> <p>3:30pm - 5:00pm Project EngAGE-SALT</p> <p>6:00pm - 8:00pm Sportsplex Class</p> <p>6:00pm - 8:00pm Sportsplex</p> <p>6:00pm - 8:00pm Open Pottery Studio</p> | <p><i>(Continued)</i> 6</p> <p>3:00pm - 5:00pm Oil Painting Studio</p> <p>4:00pm - 6:00pm Sew What Sewing Group</p> <p>6:00pm - 8:00pm Sportsplex Class</p> <p>6:00pm - 8:00pm Sportsplex</p> <p>6:00pm - 7:30pm Wood Carving Club-Evening</p> | <p><i>(Continued)</i> 7</p> <p>1:30pm - 3:30pm Advanced Watercolor</p> <p>1:30pm - 3:00pm Christmas on a Shoestring</p> <p>3:30pm - 4:30pm Laughter Yoga-Nov 7</p> <p>4:00pm - 5:30pm Fused Glass Workshop-Nov</p> <p>5:30pm - 7:30pm Watercolor Painting-Interme</p> <p>5:30pm - 8:30pm NAMI Family to Family</p> <p>6:00pm - 8:00pm Moving Forward Live AFG</p> | <p><i>(Continued)</i> 8</p> | <p><i>(Continued)</i> 9</p> |
| <p>8:00am - 8:00pm Volunteer Connect 55+ 10</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 11</p> <p>8:00am - 9:00am Rehearsal</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 12</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 13</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 14</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 15</p> <p>8:00am - 5:00pm Billiards</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 16</p> <p>9:00am - 11:00am Sportsplex Class</p> |

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Passmore Center Activity Calendar

November 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

| | | | | | | | | | | | | | |
|--------------------|---|--|--|---|--|--|--|---|-----------|--------------------|-----------|--------------------|-----------|
| <i>(Continued)</i> | 10 | <i>(Continued)</i> | 11 | <i>(Continued)</i> | 12 | <i>(Continued)</i> | 13 | <i>(Continued)</i> | 14 | <i>(Continued)</i> | 15 | <i>(Continued)</i> | 16 |
| | 8:00am - 5:00pm Billiards | 8:30am - 9:30am Hula Hooping | 8:30am - 9:30am Hula Hooping | 8:30am - 9:20am Art of Balance | 8:30am - 9:30am Hula Hooping | 8:30am - 9:30am Hula Hooping | 8:30am - 9:30am Hula Hooping | 8:00am - 11:00am Table Tennis | | | | | |
| | 8:30am - 10:30am Veteran's Appreciation | 9:00am - 10:00am Tap Dance-Beginners | 9:00am - 10:00am Tap Dance-Beginners | 8:45am - 9:45am Pacesetter Class | 9:00am - 5:00pm Project EngAGE Training | 9:00am - 5:00pm Project EngAGE Training | 9:00am - 5:00pm Project EngAGE Training | 9:00am - 11:30am Rummikub | | | | | |
| | 9:00am - 11:30am Rummikub | 9:00am - 11:30am Rummikub | 9:00am - 11:30am Rummikub | 9:00am - 11:00am Leatherworks | 9:30am - 11:30am Blood pressure check | 9:30am - 11:30am Blood pressure check | 9:30am - 11:30am Blood pressure check | 9:00am - 4:00pm Physical Function Screen-No | | | | | |
| | 10:00am - 12:30pm Open Pottery Studio | 9:00am - 4:00pm SHIIP Open Enrollment | 9:00am - 4:00pm SHIIP Open Enrollment | 9:00am - 11:30am Rummikub | 9:30am - 11:00am Line Dance-Thursdays | 9:30am - 11:00am Line Dance-Thursdays | 9:30am - 11:00am Line Dance-Thursdays | 9:30am - 11:30am Rook | | | | | |
| | 10:00am - 12:00pm Dominoes | 10:00am - 11:00am Inspirational Topics | 10:00am - 11:00am Inspirational Topics | 9:00am - 12:00pm SHIIP Open Enrollment | 10:00am - 11:15am Strong and Steady | 10:00am - 11:15am Strong and Steady | 10:00am - 11:15am Strong and Steady | 9:30am - 4:30pm NC Symphony-New World S | | | | | |
| | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 10:00am - 11:00am TOPS Weigh in | 10:00am - 11:00am TOPS Weigh in | 9:00am - 4:00pm Fit Feet-November | 10:00am - 12:00pm Dominoes | 10:00am - 12:00pm Dominoes | 10:00am - 12:00pm Dominoes | 10:00am - 1:00pm Open Artist Studio/Crochet a | | | | | |
| | 10:30am - 11:30am Savvy Savers Couponing | 10:00am - 11:15am Strong and Steady | 10:00am - 11:15am Strong and Steady | 9:00am - 12:00pm Memory Screening | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | 10:00am - 12:00pm Dominoes | | | | | |
| | 10:30am - 12:30pm American Sign Language II | 10:00am - 1:00pm Passmore Piece Makers Quil | 10:00am - 1:00pm Passmore Piece Makers Quil | 10:00am - 12:00pm Karaoke Sing A Long | 10:00am - 11:00am Acrylic Ball Bird Feeder | 10:00am - 11:00am Acrylic Ball Bird Feeder | 10:00am - 11:00am Acrylic Ball Bird Feeder | 11:00am - 11:45am Silver Sneakers Strength Fri | | | | | |
| | 11:00am - 11:45am Silver Sneakers-Mondays an | 10:00am - 12:00pm Dominoes | 10:00am - 12:00pm Dominoes | 10:00am - 10:50am Aerobics | 10:30am - 11:30am Scrabble Talk | 10:30am - 11:30am Scrabble Talk | 10:30am - 11:30am Scrabble Talk | 12:00pm - 1:00pm Passmore Lunch Program | | | | | |
| | 11:00am - 3:00pm Meeting | 10:00am - 11:00am Tap Dance-Intermediate | 10:00am - 11:00am Tap Dance-Intermediate | 10:00am - 12:00pm Dominoes | 11:00am - 1:00pm Table Tennis | 11:00am - 1:00pm Table Tennis | 11:00am - 1:00pm Table Tennis | 12:30pm - 4:00pm Contract Bridge | | | | | |
| | 12:00pm - 1:00pm Passmore Lunch Program | 10:00am - 12:00pm Matter of Balance | 10:00am - 12:00pm Matter of Balance | 10:30am - 12:00pm Nifty Knitters | 12:00pm - 1:00pm Passmore Lunch Program | 12:00pm - 1:00pm Passmore Lunch Program | 12:00pm - 1:00pm Passmore Lunch Program | 12:30pm - 4:00pm Mah Jong | | | | | |
| | 12:30pm - 4:00pm Contract Bridge | 11:00am - 12:00pm Take off pounds sensibly | 11:00am - 12:00pm Take off pounds sensibly | 11:00am - 11:45am Silver Sneakers-Mondays an | 1:00pm - 4:00pm Hand & Foot Card Game | 1:00pm - 4:00pm Hand & Foot Card Game | 1:00pm - 4:00pm Hand & Foot Card Game | 1:00pm - 4:00pm Hand & Foot Card Game | | | | | |
| | 12:30pm - 2:30pm Pottery-Mon | 11:00am - 12:30pm True Movement | 11:00am - 12:30pm True Movement | 11:15am - 12:00pm Salli's Seated Workout | 1:00pm - 3:00pm Bakgammon & Checkers | 1:00pm - 3:00pm Bakgammon & Checkers | 1:00pm - 3:00pm Bakgammon & Checkers | 1:30pm - 3:30pm Open Pottery Studio | | | | | |
| | 12:45pm - 1:45pm American Sign Language III | 12:00pm - 1:00pm Passmore Lunch Program | 12:00pm - 1:00pm Passmore Lunch Program | 12:00pm - 1:00pm Passmore Lunch Program | 1:00pm - 2:30pm Caregiver's Support | 1:00pm - 2:30pm Caregiver's Support | 1:00pm - 2:30pm Caregiver's Support | 2:00pm - 5:00pm Pickle Ball-Wed and Fri | | | | | |
| | 1:00pm - 3:00pm Travel Club | 12:00pm - 12:30pm Tell All | 12:00pm - 12:30pm Tell All | 12:00pm - 1:30pm Simplify Spending & Saving | 1:00pm - 5:00pm Spades | 1:00pm - 5:00pm Spades | 1:00pm - 5:00pm Spades | 2:00pm - 3:00pm Chat & Chew Movie Club | | | | | |
| | 1:00pm - 4:00pm Hand & Foot Card Game | 12:00pm - 12:15pm Tell All | 12:00pm - 12:15pm Tell All | 12:30pm - 4:00pm Contract Bridge | 1:00pm - 8:00pm SHIIP Open Enrollment | 1:00pm - 8:00pm SHIIP Open Enrollment | 1:00pm - 8:00pm SHIIP Open Enrollment | | | | | | |
| | 1:00pm - 1:45pm Line Dance Beginners | 12:30pm - 1:30pm Passmore Singing Group | 12:30pm - 1:30pm Passmore Singing Group | 12:30pm - 2:00pm Beginning Pottery | 1:00pm - 3:00pm Thera Poppets | 1:00pm - 3:00pm Thera Poppets | 1:00pm - 3:00pm Thera Poppets | | | | | | |

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Passmore Center Activity Calendar

November 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

| | | | | | | |
|---|--|--|---|---|---|---|
| <p><i>(Continued)</i> 10</p> | <p><i>(Continued)</i> 11</p> <p>2:00pm - 3:30pm Line Dance-Mondays</p> <p>2:00pm - 4:00pm American Sign Language I</p> <p>3:00pm - 5:00pm Moving Forward Live AFG</p> <p>3:00pm - 5:00pm Oil Painting</p> <p>4:00pm - 8:00pm SHIIP Open Enrollment</p> <p>4:30pm - 5:30pm Tai Chi -Chen-November</p> <p>5:00pm - 8:00pm Pickle Ball-Monday</p> <p>5:30pm - 8:00pm Dinner with David</p> <p>5:30pm - 8:00pm Cooking & Dinner with David</p> <p>6:00pm - 6:50pm Tai Chi Wu/Hao-November</p> | <p><i>(Continued)</i> 12</p> <p>12:30pm - 4:00pm Mah Jong</p> <p>12:30pm - 5:00pm Acupuncture</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 2:30pm Chess</p> <p>1:00pm - 2:30pm Line Dance-Tuesday</p> <p>2:00pm - 3:30pm Acrylic Painting</p> <p>6:00pm - 8:00pm Sportsplex Class</p> <p>6:00pm - 8:00pm Sportsplex</p> <p>6:00pm - 8:00pm Open Pottery Studio</p> <p>6:00pm - 8:00pm Nimble Thimbles</p> | <p><i>(Continued)</i> 13</p> <p>1:00pm - 4:00pm Hand & Foot Card Game</p> <p>1:00pm - 4:00pm Wood Carving Club</p> <p>2:00pm - 5:00pm Pickle Ball-Wed and Fri</p> <p>3:00pm - 5:00pm Oil Painting Studio</p> <p>4:00pm - 6:00pm Sew What Sewing Group</p> <p>6:00pm - 8:00pm Sportsplex Class</p> <p>6:00pm - 8:00pm Sportsplex</p> <p>6:00pm - 7:30pm Wood Carving Club-Evening</p> | <p><i>(Continued)</i> 14</p> <p>1:15pm - 3:00pm Flicks at Passmore-Nov</p> <p>1:30pm - 3:30pm Advanced Watercolor</p> <p>4:00pm - 5:30pm Fused Glass Workshop-Nov</p> <p>5:30pm - 7:30pm Watercolor Painting-Interme</p> <p>5:30pm - 8:30pm NAMI Family to Family</p> <p>6:00pm - 8:00pm Moving Forward Live AFG</p> | <p><i>(Continued)</i> 15</p> | <p><i>(Continued)</i> 16</p> |
| <p>8:00am - 8:00pm Volunteer Connect 55+ 17</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 18</p> <p>8:00am - 5:00pm Billiards</p> <p>8:45am - 9:45am Pacesetter Class</p> <p>9:00am - 11:30am Rummikub</p> <p>9:30am - 11:30am Friends of Passmore</p> <p>10:00am - 12:30pm Open Pottery Studio</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 19</p> <p>8:00am - 5:00pm Billiards</p> <p>8:30am - 9:30am Hula Hooping</p> <p>9:00am - 10:00am Tap Dance-Beginners</p> <p>9:00am - 11:30am Rummikub</p> <p>9:00am - 4:00pm SHIIP Open Enrollment</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 20</p> <p>8:00am - 5:00pm Billiards</p> <p>8:30am - 9:20am Art of Balance</p> <p>8:45am - 9:45am Pacesetter Class</p> <p>9:00am - 11:00am Leatherworks</p> <p>9:00am - 11:30am Rummikub</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 21</p> <p>8:00am - 5:00pm Billiards</p> <p>8:00am - 9:30am Hillsborough SeniorStriders-</p> <p>8:30am - 9:30am Hula Hooping</p> <p>9:00am - 11:00am Staff Meeting</p> <p>9:00am - 5:00pm Project EngAGE Training</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 22</p> <p>8:00am - 5:00pm Billiards</p> <p>8:00am - 11:00am Table Tennis</p> <p>9:00am - 11:30am Rummikub</p> <p>9:30am - 11:30am Rook</p> <p>10:00am - 1:00pm Open Artist Studio/Crochet a</p> | <p>8:00am - 8:00pm Volunteer Connect 55+ 23</p> <p>9:00am - 11:00am Sportsplex Class</p> |

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November 2019 (Continued)

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| | | | | | | | | | | | | | |
|--------------------|-----------|--|-----------|---|-----------|--|-----------|---|-----------|--|-----------|--------------------|-----------|
| <i>(Continued)</i> | 17 | <i>(Continued)</i> | 18 | <i>(Continued)</i> | 19 | <i>(Continued)</i> | 20 | <i>(Continued)</i> | 21 | <i>(Continued)</i> | 22 | <i>(Continued)</i> | 23 |
| | | 10:00am - 10:50am Aerobics | | 10:00am - 11:00am Inspirational Topics | | 9:00am - 12:00pm SHIIP Open Enrollment | | 9:30am - 11:30am Blood pressure check | | 10:00am - 12:00pm Dominoes | | | |
| | | 10:00am - 12:00pm Dominoes | | 10:00am - 11:00am TOPS Weigh in | | 10:00am - 12:00pm Karaoke Sing A Long | | 9:30am - 11:00am Line Dance-Thursdays | | 10:30am - 1:00pm Thanksgiving Luncheon | | | |
| | | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | | 10:00am - 11:15am Strong and Steady | | 10:00am - 10:50am Aerobics | | 10:00am - 11:15am Strong and Steady | | 11:00am - 11:45am Silver Sneakers Strength Fri | | | |
| | | 10:30am - 11:30am Savvy Savers Couponing | | 10:00am - 1:00pm Passmore Piece Makers Quil | | 10:00am - 12:00pm Dominoes | | 10:00am - 1:00pm Creative Crafters | | 12:00pm - 1:00pm Passmore Lunch Program | | | |
| | | 10:30am - 12:30pm American Sign Language II | | 10:00am - 12:00pm Dominoes | | 10:30am - 12:00pm Nifty Knitters | | 10:00am - 12:00pm Dominoes | | 12:30pm - 4:00pm Contract Bridge | | | |
| | | 11:00am - 11:45am Silver Sneakers-Mondays an | | 10:00am - 11:00am Tap Dance-Intermediate | | 10:30am - 11:30am Book Club | | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | | 12:30pm - 4:00pm Mah Jong | | | |
| | | 12:00pm - 1:00pm Passmore Lunch Program | | 10:00am - 12:00pm Snowflake Designs | | 11:00am - 11:45am Silver Sneakers-Mondays an | | 10:30am - 11:30am Scrabble Talk | | 1:00pm - 4:00pm Hand & Foot Card Game | | | |
| | | 12:30pm - 4:00pm Contract Bridge | | 10:00am - 12:00pm Matter of Balance | | 11:15am - 12:00pm Salli's Seated Workout | | 11:00am - 1:00pm Table Tennis | | 1:30pm - 3:30pm Open Pottery Studio | | | |
| | | 12:30pm - 2:30pm Pottery-Mon | | 11:00am - 12:00pm Take off pounds sensibly | | 12:00pm - 1:00pm Passmore Lunch Program | | 12:00pm - 1:00pm Passmore Lunch Program | | 2:00pm - 5:00pm Pickle Ball-Wed and Fri | | | |
| | | 12:45pm - 1:45pm American Sign Language III | | 11:00am - 12:30pm True Movement | | 12:30pm - 4:00pm Contract Bridge | | 1:00pm - 4:00pm Hand & Foot Card Game | | | | | |
| | | 1:00pm - 4:00pm Hand & Foot Card Game | | 12:00pm - 1:00pm Passmore Lunch Program | | 12:30pm - 2:00pm Beginning Pottery | | 1:00pm - 3:00pm Bakgammon & Checkers | | | | | |
| | | 1:00pm - 1:45pm Line Dance Beginners | | 12:30pm - 1:30pm Passmore Singing Group | | 1:00pm - 4:00pm Hand & Foot Card Game | | 1:00pm - 5:00pm Spades | | | | | |
| | | 2:00pm - 3:30pm Line Dance-Mondays | | 12:30pm - 4:00pm Mah Jong | | 1:00pm - 4:00pm Wood Carving Club | | 1:00pm - 2:00pm Stroke Support Group | | | | | |
| | | 2:00pm - 4:00pm American Sign Language I | | 12:30pm - 5:00pm Acupuncture | | 2:00pm - 5:00pm Pickle Ball-Wed and Fri | | 1:00pm - 8:00pm SHIIP Open Enrollment | | | | | |
| | | 3:00pm - 5:00pm Moving Forward Live AFG | | 1:00pm - 4:00pm Hand & Foot Card Game | | 3:00pm - 5:00pm Oil Painting Studio | | 1:30pm - 3:30pm Advanced Watercolor | | | | | |
| | | 3:00pm - 5:00pm Oil Painting | | 1:00pm - 2:30pm Chess | | 4:00pm - 6:00pm Sew What Sewing Group | | 3:30pm - 4:30pm Laughter Yoga-Nov 21 | | | | | |
| | | 4:00pm - 8:00pm SHIIP Open Enrollment | | 1:00pm - 2:30pm Line Dance-Tuesday | | 6:00pm - 8:00pm Sportsplex Class | | 4:00pm - 5:30pm Fused Glass Workshop-Nov | | | | | |

Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 prior to the event or activity to verify that there have been no program changes.

Passmore Center Activity Calendar

November 2019 (Continued)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
| (Continued) 17 | (Continued) 18 4:30pm - 5:30pm Tai Chi -Chen-November 5:00pm - 8:00pm NCCU Alumni Association 5:00pm - 8:00pm Pickle Ball-Monday 5:30pm - 8:00pm Dinner with David 5:30pm - 8:00pm Cooking & Dinner with David 6:00pm - 6:50pm Tai Chi Wu/Hao-November 6:00pm - 8:00pm Pottery Class-Evening | (Continued) 19 2:00pm - 3:30pm Acrylic Painting 2:00pm - 3:00pm TED Talks-November 6:00pm - 8:00pm Sportsplex Class 6:00pm - 8:00pm Sportsplex 6:00pm - 8:00pm Open Pottery Studio | (Continued) 20 6:00pm - 8:00pm Sportsplex 6:00pm - 7:30pm Wood Carving Club-Evening | (Continued) 21 5:30pm - 7:30pm Watercolor Painting-Interme 6:00pm - 8:00pm Moving Forward Live AFG | (Continued) 22 | (Continued) 23 |
| 24 8:00am - 8:00pm Volunteer Connect 55+ | 25 8:00am - 8:00pm Volunteer Connect 55+ 8:00am - 5:00pm Billiards 8:45am - 9:45am Pacesetter Class 9:00am - 11:30am Rummikub 10:00am - 12:30pm Open Pottery Studio 10:00am - 10:50am Aerobics 10:00am - 12:00pm Dominoes 10:00am - 10:50am Gentle Joy of Yoga-Novemb 10:30am - 11:30am Savvy Savers Couponing | 26 8:00am - 8:00pm Volunteer Connect 55+ 8:00am - 5:00pm Billiards 8:30am - 9:30am Hula Hooping 9:00am - 11:00am SEANC 9:00am - 10:00am Tap Dance-Beginners 9:00am - 11:30am Rummikub 9:00am - 4:00pm SHIIP Open Enrollment 10:00am - 11:00am Inspirational Topics 10:00am - 11:00am TOPS Weigh in | 27 8:00am - 8:00pm Volunteer Connect 55+ 8:00am - 5:00pm Billiards 8:30am - 9:20am Art of Balance 8:45am - 10:00am Healthy Carolinians 8:45am - 9:45am Pacesetter Class 9:00am - 11:00am Leatherworks 9:00am - 11:30am Rummikub 9:00am - 12:00pm SHIIP Open Enrollment 9:00am - 4:00pm Fit Feet-November | 28 8:00am - 8:00pm Volunteer Connect 55+ 8:00am - 5:00pm Billiards 8:30am - 9:30am Hula Hooping 9:00am - 5:00pm Project EngAGE Training 9:30am - 11:30am Blood pressure check 9:30am - 11:00am Line Dance-Thursdays 10:00am - 11:15am Strong and Steady 10:00am - 1:00pm Creative Crafters 10:00am - 12:00pm Dominoes | 29 8:00am - 8:00pm Volunteer Connect 55+ 8:00am - 5:00pm Billiards 8:00am - 11:00am Table Tennis 9:00am - 11:30am Rummikub 9:30am - 11:30am Rook 10:00am - 1:00pm Open Artist Studio/Crochet a 10:00am - 12:00pm Dominoes 11:00am - 11:45am Silver Sneakers Strength Fri 12:00pm - 1:00pm Passmore Lunch Program | 30 8:00am - 8:00pm Volunteer Connect 55+ 9:00am - 11:00am Sportsplex Class |

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Passmore Center Activity Calendar

November 2019 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

| | | | | | | | | | | | | | |
|--------------------|-----------|--|-----------|---|-----------|--|-----------|---|-----------|---|-----------|--------------------|-----------|
| <i>(Continued)</i> | 24 | <i>(Continued)</i> | 25 | <i>(Continued)</i> | 26 | <i>(Continued)</i> | 27 | <i>(Continued)</i> | 28 | <i>(Continued)</i> | 29 | <i>(Continued)</i> | 30 |
| | | 10:30am - 12:30pm American Sign Language II | | 10:00am - 11:15am Strong and Steady | | 10:00am - 12:00pm Karaoke Sing A Long | | 10:00am - 10:50am Gentle Joy of Yoga-Novemb | | 12:30pm - 4:00pm Contract Bridge | | | |
| | | 11:00am - 11:45am Silver Sneakers-Mondays an | | 10:00am - 1:00pm Passmore Piece Makers Quil | | 10:00am - 10:50am Aerobics | | 10:30am - 11:30am Scrabble Talk | | 12:30pm - 4:00pm Mah Jong | | | |
| | | 12:00pm - 1:00pm Passmore Lunch Program | | 10:00am - 12:00pm Dominoes | | 10:00am - 12:00pm Dominoes | | 11:00am - 1:00pm Table Tennis | | 1:00pm - 4:00pm Hand & Foot Card Game | | | |
| | | 12:30pm - 4:00pm Contract Bridge | | 10:00am - 11:00am Tap Dance-Intermediate | | 10:30am - 12:00pm Nifty Knitters | | 12:00pm - 1:00pm Passmore Lunch Program | | 1:30pm - 3:30pm Open Pottery Studio | | | |
| | | 12:30pm - 2:30pm Pottery-Mon | | 11:00am - 12:00pm Take off pounds sensibly | | 11:00am - 11:45am Silver Sneakers-Mondays an | | 1:00pm - 4:00pm Hand & Foot Card Game | | | | | |
| | | 12:45pm - 1:45pm American Sign Language III | | 12:00pm - 1:00pm Passmore Lunch Program | | 11:15am - 12:00pm Salli's Seated Workout | | 1:00pm - 3:00pm Bakgammon & Checkers | | | | | |
| | | 1:00pm - 4:00pm Hand & Foot Card Game | | 12:00pm - 12:30pm Tell All | | 12:00pm - 1:00pm Passmore Lunch Program | | 1:00pm - 2:30pm Caregiver's Support | | | | | |
| | | 1:00pm - 1:45pm Line Dance Beginners | | 12:00pm - 12:15pm Tell All | | 12:30pm - 4:00pm Contract Bridge | | 1:00pm - 5:00pm Spades | | | | | |
| | | 2:00pm - 3:30pm Line Dance-Mondays | | 12:30pm - 1:30pm Passmore Singing Group | | 12:30pm - 2:00pm Beginning Pottery | | 1:00pm - 8:00pm SHIIP Open Enrollment | | | | | |
| | | 2:00pm - 4:00pm American Sign Language I | | 12:30pm - 4:00pm Mah Jong | | 1:00pm - 4:00pm Hand & Foot Card Game | | 6:00pm - 8:00pm Moving Forward Live AFG | | | | | |
| | | 3:00pm - 5:00pm Moving Forward Live AFG | | 12:30pm - 5:00pm Acupuncture | | 1:00pm - 4:00pm Wood Carving Club | | | | | | | |
| | | 3:00pm - 5:00pm Oil Painting | | 1:00pm - 4:00pm Hand & Foot Card Game | | 2:00pm - 5:00pm Pickle Ball-Wed and Fri | | | | | | | |
| | | 4:00pm - 8:00pm SHIIP Open Enrollment | | 1:00pm - 2:30pm Chess | | 3:00pm - 5:00pm Oil Painting Studio | | | | | | | |
| | | 4:30pm - 5:30pm Tai Chi -Chen-November | | 1:00pm - 2:30pm Line Dance-Tuesday | | 4:00pm - 6:00pm Sew What Sewing Group | | | | | | | |
| | | 5:00pm - 8:00pm Pickle Ball-Monday | | 2:00pm - 3:30pm Acrylic Painting | | 6:00pm - 8:00pm Sportsplex Class | | | | | | | |
| | | 5:30pm - 8:00pm Dinner with David | | 2:30pm - 3:30pm Quick and Easy Strawberry | | 6:00pm - 8:00pm Sportsplex | | | | | | | |
| | | 5:30pm - 8:00pm Cooking & Dinner with David | | 6:00pm - 8:00pm Sportsplex Class | | 6:00pm - 7:30pm Wood Carving Club-Evening | | | | | | | |

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Passmore Center Activity Calendar

November 2019 (Continued)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| (Continued) 24 | (Continued) 25 6:00pm - 6:50pm Tai Chi Wu/Hao-November 6:00pm - 8:00pm Pottery Class-Evening | (Continued) 26 6:00pm - 8:00pm Sportsplex 6:00pm - 8:00pm Open Pottery Studio 6:00pm - 8:00pm Nimble Thimbles | (Continued) 27 | (Continued) 28 | (Continued) 29 | (Continued) 30 |

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