



Lakeland Senior Center Calendar of Events – November 2023

Activity days and times are subject to change. Calendar updates will be posted on the Just for Seniors webpage.

For printable calendar or to preregister, go to www.lakelandtn.gov Under Residents, click on Seniors 55+ and scroll down. Click in links for calendars and preregistration. *All activities in colored ink require preregistration.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Walk with Friends is every Monday & Thursday, from 9 to 10 a.m. (inside at IH Clubhouse).</i>	1 Wednesday Games, 11:30 am Book Club, 1 pm Book: "Juror #3 by James Patterson" Chair Yoga, 3 pm; \$3 per person	2 Mosaic Studio (5 OF 6), 10 am to Noon (FULL) Watercolor by Karen, 1 pm	3 Hot cocoa & popcorn, Noon (White Elephant) 12:30 pm (Sponsor: Alliance HS)	4 <i>Thanks to Creative Aging for providing programs at LSC</i>
5 Lakeland Senior Center is located at 4527 Canada Rd, next door to IH Clubhouse. 746-8195. Open Mon-Fri from 8:00 am – 4:30 pm (hours vary upon activities)	6 Ladies BUNCO (Tables FULL) 11 am - 1 pm Jammin' Group, 2 pm	7 Free For All, 10 am No Whimsical Art Today *Jewelry Making (angel earrings and pendant) 1 pm	8 Wednesday Games, 11:30 am *Card Making (holiday cards), 1 pm Chair Yoga, 3 pm; \$3 per person	9 Mosaic (6 of 6), 10 am to Noon (FULL) Watercolor by Melinda, 1 pm Line Dance, 3 pm \$3	10 The Senior Center will be closed in observance of Veterans Day	11 River City Boppers Dance, 7 -10:00 pm (IH Club), \$6 for members/Lakeland residents; \$9 for guests.
12 Want more info? Do you and/or a friend want to be added to the email & mailing lists? Call Kim Odom, Senior Center Manager, at 746-8195 or email kodom@lakelandtn.org	13 Game Day (FULL), 11 am *Lunch & Learn, "Family Planning Seminar," 11:30 am Jammin' Group, 2 pm	14 *Lunch & Learn: "Safety & Preparedness" by MLGW, 11 am-12:30 pm *Movie Day, 1 pm Movie: "Knives Out"	15 Wednesday Games, 11:30 am Chair Yoga, 3 pm; \$3 per person	16 *Whimsical Art Thanksgiving Gnome, 10 am Watercolor by Melinda, 1 pm	17 Hot cocoa & popcorn, Noon 12:30 pm (sponsor Midsouth Aging)	
19	20 Ladies BUNCO (Tables FULL) 11 am - 1 pm Jammin' Group, 2 pm	21 Free For All, 10 am *Craft: White Christmas Tree with lights, 10 am NO Multi-media this month	22 Wednesday Games, 11:30 am Chair Yoga, 3 pm; \$3 per person	23 The Senior Center will be closed in observance of the Thanksgiving Holiday	24 The Senior Center will be closed in observance of the Thanksgiving Holiday	
26 <i>Lakeland Senior Center is a gathering place for friends!</i>	27 Jammin' Group, 2 pm	28 Free For All, 10 am *Canvas Art (hedgehog), 1 pm	29 Wednesday Games, 11:30 am Chair Yoga, 3 pm; \$3 per person	30 Watercolor by Karen, 1 pm	The Rec Room is open for Pool and Shuffleboard upon appointment. Call (901) 746-8195 to set it up.	