


November 2024 Program

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Gratitude Journaling 12:15 Nutrition Presentation	2
4 10:00 Brain Game Puzzles & Blood Pressure Checks with Jeanne 11:00 Motivation and Movement 12:15 Pop Up Library and Tech Talk 12:30 Fall Prevention Program#	5 10:00 Tai Chi for Arthritis # 12:30 Fall Prevention Program #	6 9:00 – 3:00 Medicare Open Enrollment Assistance (appt. required) # 12:30 Open Music Jam	7 9:45 Nutrition Site Committee 10:00 Tai Chi for Arthritis # 10:30 Home Necessity Bingo	8 10:30 The Art in You 12:30 Veteran’s Recognition	9 8:00 Pickleball Tournament #
11 CLOSED – VETERAN’S DAY	12 12:30 Fall Prevention Program #	13 8:00 Branson Overnight Trip # 10:00 Coloring Your Way 12:30 Open Music Jam 12:30 Project Linus Quilters	14 10:30 Veteran’s Café 12:30 Pantry Bingo Branson Overnight Trip #	15 12:15 Ice Cream Social	16 9:00-12:30 Pickleball Court Reservations Available #
18 10:00 Brain Game Puzzles 11:00 Motivation and Movement 12:30 Fall Prevention Program #	19 9:30 Blood Pressure and Blood Sugar Checks 10:30 Jackson County Senior Property Tax Credit Program 12:30 Fall Prevention Program #	20 10:45 Treasures from the Attic 12:30 Open Music Jam 3:00 Harvester’s Box Pickup	21 10:15 New Theatre - Nonsense # 12:30 White Elephant Bingo 2:00 Cover to Cover	22 10:30 Let’s Talk Turkey	23 9:00-12:30 Pickleball Court Reservations Available #
25 10:00 Brain Game Puzzles 11:00 Motivation and Movement 12:30 Fall Prevention Program #	26 10:45 Bookworm Trivia 12:30 Fall Prevention Program #	27 10:00 Coloring Your Way 11:30 Thanksgiving Luncheon Center closes at 3:00 p.m.	28 Closed for Thanksgiving	29 Closed for Black Friday	30
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:15-11 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:00-1:00 Open Line Dance \$3 11:30-2:30 Table Tennis TMB \$ 12:00-4:00 Duplicate Bridge Club \$ 12:30-2:30 Chatterbox	9:00-9:45 Stretch & Tone \$3 11:30 Lunch # 12:30-4:30 Bridge Club \$ 1:30 Zuma Gold TMB \$ 11:30- 12:30 Beginner Pickleball \$ 12:30 – 4:45 Open Play Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:15-11 SilverSneakers Yoga TMB \$ 11:30 Lunch # 11:30-2:30 Table Tennis TMB \$ 12:00-4:00 Duplicate Bridge Club # 12:00-4:00 Woodcarving Club SC 12:30-4:30 Bridge	9:00-9:45 Stretch & Tone \$3 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 11:30- 12:30 Beginner Pickleball \$ 12:30 – 4:45 Open Play Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 11:00-1:00 Instructed Line Dance \$3 11:30-2:30 Table Tennis TMB \$ 1:30-4:30 Drop-In Pickleball \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

www.ci.independence.mo.us/parksandrec/palmer