

Hours of Operation:
Monday - Friday
9:00am - 4:00pm

Wentworth Connections Activities Calendar

127 Parrott Avenue, Portsmouth, NH (603) 430-0070

www.WENTWORTHCONNECTIONS.org



November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND!
	1 10:00 ZUMBA Gold 11:15 Health Rhythms 1:15 Yoga Class 2:00 Women's Circle Tea 4:30 Supper Club 5:30 Communicating with Your Doctor	2 10:00 Strength & Balance 12:00 Lunch & a Movie 12:30 "Country Strong" <i>PG-13</i> 1:00 BINGO 2:30 Flu Shots - Clinic	3 9:00 Line Dancing 10:00 AF Exercise Program 1:00 RSVP Bone Builders 1:30 Yarn Works! 2:00-3:30 Caregiver Support	4 10:00 Tai Chi 1:00 BINGO 1:30 WHIST	December Supper Club • December 6th <i>Bingo</i>
7 10:00 Stretch Class 1:00 RSVP Bone Builders 1:00 BINGO	8 10:00 ZUMBA Gold 11:15 Health Rhythms 12:00 Special Luncheon Veteran's Day \$6 1:00 NH Hearing & Balance 1:15 Yoga Class 2:00 Women's Circle Tea	9 10:00 Strength & Balance 12:00 Lunch & a Movie 12:30 "Love Actually" R 1:00 BINGO	10 9:00 Line Dancing 10:00 AF Exercise Program 1:00 RSVP Bone Builders 1:30 Yarn Works!	11 	
14 10:00 Stretch Class 1:00 RSVP Bone Builders 1:00 BINGO	15 10:00 ZUMBA Gold 11:15 Health Rhythms 1:15 Yoga Class 2:00 Women's Circle Tea 2:00 Memory Screening 4:30 Supper Club 5:30 BINGO	16 10:00 Strength & Balance 12:00 Lunch & a Movie 12:30 "A Christmas Carol" PG 1:00 BINGO	17 9:00 Line Dancing 10:00 AF Exercise Program 11:30 LUNCH BUNCH @ <i>Copper Lantern \$18</i> 1:00 RSVP Bone Builders 1:30 Yarn Works! 2:00-3:30 Caregiver Support	18 10:00 Tai Chi 1:00 BINGO 1:30 WHIST	AARP Drivers Course • November 16 & 17 1pm - 5pm @ PRH Call Tom Vaccaro 603-332-4882
21 10:00 Stretch Class 1:00 RSVP Bone Builders 1:00 BINGO	22 10:00 ZUMBA Gold 11:15 Health Rhythms 1:15 Yoga Class 2:00 Women's Circle Tea	23 10:00 Strength & Balance 12:00 Thanksgiving Lunch \$6 Movie 12:30 "The Conspirator" <i>PG</i> 1:00 BINGO	24 	25	
28 10:00 Stretch Class 1:00 RSVP Bone Builders 1:00 BINGO	29 10:00 ZUMBA Gold 11:15 Health Rhythms 1:15 Yoga Class 2:00 Women's Circle Tea	30 10:00 Strength & Balance 12:00 Lunch & a Movie 12:30 "How the Grinch Stole Christmas" <i>PG-13</i> 1:00 BINGO		Holiday Luncheon & Dance • December 13th @ Portsmouth Country Club \$22 pp RSVP by Dec 2nd	

Wentworth Connections

Cynthia Shanley
Director

Amy VanSplunder
Director - Adult Day

Lisa Pais
Transportation Director
Member Services

Annie Jones
Valerie Maxwell
Activities Coordinators
Member Services

Tracey Sylvester
Administrative Assistant

Mike Foye
Chef

**** Dates to Remember ****

Dec 13th, Holiday Lunch & Dance @ Portsmouth Country Club

**** Travel ****

Fri, Dec 9th, Radio City Christmas Spectacular