



Ellington Senior Center Virtual Programs November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9am Chess 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z) 1pm Heart Healthy Behavior**	9am Yoga Nidra (Z,FB) 10:30am Chair Yoga (Z,FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1pm Outreach Social Worker: 10 Warning Signs of Alzheimer's (Z,FB)	
9	10	11	12	13
9am Chess 1pm Android Apps (Z**) 3pm Meditation (FB) Pumpkin Pie Sign Up Deadline	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)		10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 6pm What is CBD?**	
16	17	18	19	20
9am Chess **1pm Pumpkin Pie Drive Through** 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB)	
23	24	25	26	27
9am Chess 3pm Meditation (FB)	10am Fit & Strong (Z,FB) 11am Power Fitness (Z,FB) 1:30pm Ted Talk (Z)	9am Gentle Yoga (Z,FB) 10:30am Chair Yoga (Z,FB) Closed at Noon		
30				
9am Chess 3pm Meditation (FB)		(Z) Zoom ID: 251 344 4651 (FB): Facebook Live Also find us on YouTube	**Call or email us to register** ID and Password will be given upon registration. See MSM for details.	All programs remain virtual