



November 2023 Calendar of Events

**Weisman Center is CLOSED on Wednesday, November 22,
Thursday, November 23 and Friday, November 24.**

Mondays

- Silver Sneakers Classic – 9:30 am – 10:15 am ** (weekly)
- Senior Voices Expressing Yourself Through Poetry (Nov. 6 and 20) **NEW**
- Fascinating Readings – 10:15 am – 11:15 am (weekly)
- Exploring Spirituality – 11:00 am – 12:30 pm (Nov. 6, 13, 20 only)
- Pick Your Topic – 11:30 am – 12:30 pm (weekly)
- WDCC Book Chat – 11:00 am – 12:45 pm – (see below for book info) (Nov 20)
- Canasta or Mahjonn – 1:00 pm – 3:30 pm (weekly)
- The Right Stuff (Current Events) – 1:00 pm – 2:15 pm (weekly)
- Learn Canasta – 1:00 pm – 2:15 pm (weekly)
- Creative Writing – 1:00 pm – 3:00 pm (weekly)
- Creative Conversations – 2:30 pm – 3:30 pm (weekly)
- Men's Group – 2:30 pm – 3:30 pm (weekly)
- Scrabble It – 2:30 pm – 4:00 pm (weekly)
- Single Life Today – 3:30 pm – 4:45 pm ** (weekly)
- Chair Yoga – 4:00 pm – 5:00 pm ** (weekly)

Tuesdays

- Diamond Club – 9:45 am – 12:15 pm ** (weekly)
- Seated Cardio Blast – 9:45 am – 10:30 am ** (weekly)
- Valiant Players Rehearsal – 10:30 am – 1:30 pm (weekly)
- Alzheimer's Awareness Fair – 11:30 am – 2:30 pm (November 28)**
- Bridge Club – 12:30 pm – 3:00 pm (weekly)
- Women's Support Group – 12:30 pm – 1:45 pm (weekly)
- Current Events – 1:00 pm – 2:00 pm (weekly)
- Weisman Movies – 1:45 pm – 3:45 pm (weekly) (Nov. 14, movie will start at 1:30 pm)
- Trivia Time – 2:00 pm – 3:15 pm (weekly)
- Gin Rummy – 2:00 pm – 4:00 pm (weekly)

Wednesdays

Healthy Conversations – 9:00 am – 10:00 am (November 8 and 15)

Delray Medical Health Professionals lead topics weekly

Let's Talk Politics – 9:30 am – 11:00 am (weekly)

Learn Mahjongg – 10:00 am – 11:30 am (weekly)

Sit and Be Fit – 10:30 am – 11:15 am ** (weekly)

Nutrition for You – 11:00 am – 12:00 pm (November 8)

Tech Savvy Seniors – 11:00 am – 1:00 pm (November 8 only)

A Year in Review – 11:15 am – 12:15 pm (November 15 only)

Mindful Breathing & Meditation – 11:15 am – 12:00 pm (November 1 and 15)

International Folk Dance – 11:30 am – 1:15 pm ** (weekly)

Sports Happenings – 12:15 pm – 1:15 pm (weekly) (Starts November 8)

Chess – 12:30 pm – 2:00 pm (weekly)

Mahjongg – 12:30 pm – 3:00 pm (weekly)

Chit Chat – 1:00 pm – 2:00 pm (weekly)

Rummikub Learn & Play – 1:00 pm – 3:00 pm (weekly)

Beginner Spanish – 1:30 pm – 3:00 pm (weekly)

The Red Shoes Ballet – 2:15 pm – 3:45 pm (see below for info) (Nov. 1) **SPECIAL**

Chair Yoga – 3:00 pm – 4:00 pm ** (weekly)

Advanced Beginner Spanish – 3:00 pm – 4:30 pm (weekly)

Getting to Know You – 3:15 pm – 4:30 pm (weekly)

Thursdays

Financial Considerations In Retirement – 9:45 am – 10:45 am (November 9 and 16) **NEW**

Watercolor Painting – 10:00 am – 12:00 pm (weekly) **CLASS RETURNS**

Role Players – 10:00 am – 11:00 am (November 9 and 30)

Silver Sneakers Classic – 10:30 am – 11:15 am ** (weekly)

Current Events on the Issues Only – 11:00 am – 12:30 pm (weekly)

Keep it Short – 11:00 am – 12:15 pm (see below for stories and dates) (Nov. 9, 30)

Hebrew Learners – 11:00 am – 12:30 pm (weekly)

Valiant Players – 12:00 pm – 3:00 pm (Nov. 9, 16 and 30)

Canasta Players – 12:30 pm – 3:00 pm (weekly)

Knitting & Crochet – 1:00 pm – 3:00 pm (weekly)

The Joy of Opera – 1:00 pm – 2:30 pm (November 2 and 16)

Food For Thought/Nourishment for the Mind – 1:30 pm – 2:30 pm (Nov. 9)

Gin Rummy – 1:30 pm – 3:30 pm (weekly)

Real Talk for Women – 3:15 pm – 4:15 pm (weekly)

Fridays

Canasta Basics – 9:30 am – 10:45 am (weekly) **Lessons for all**

Yiddish Club – 10:00 am – 11:30 am (weekly) (Yiddish Film on Nov. 3)

Sit and Be Fit – 10:30 am – 11:15 am ** (weekly)

Fridays at the Improv – 10:30 am – 12:00 pm (weekly)

Positively Pittleman – 11:30 am – 12:45 pm (weekly)

Bridge Club – 12:30 pm – 3:00 pm (weekly)

Kickin' Karaoke – 12:45 pm – 1:45 pm (November 3 and 17)

Poker Play – 1:30 pm – 3:15 pm (weekly)

Bingo – 1:45 pm – 3:15 pm ** (weekly)

Weisman Movies – 1:45 pm – 3:45 pm (weekly)

Specials

The Red Shoes Ballet

- Wednesday, November 1, 2:15 pm – 3:45 pm
- Matthew Bourne's The Red Shoes tells the tale of one girl's dream to be the greatest dancer in the world.

WDCC Book Chat (once a month book club)

- Monday, November 20, 11:30 am – 12:45 pm
- Book – **'The Bridal Chair' by Gloria Goldreich**

Keep it Short (Short Story Club)

- Thursdays, November 9 and 30, 11:00 am – 12:15 pm
- Story for November 9: **'A Work of Art' by Anton Chekov**
- Story for November 30: **'In the French Style' by Irwin Shaw**

The Life I Lived

- Register at the front desk to be interviewed and recorded.
- 30 minute sessions – Wednesdays, 2:15 pm or 2:45 pm as available

APDA Parkinson's Support Group (3rd Wednesday of the month)

- Wednesday, November 15, 3:00 pm – 4:30 pm

* **Programs are subject to change.** Errors sometimes happen; we apologize in advance.

** **Fee** is associated with these classes