



Mayor William Beardall Senior Center November 2009

EASY ACCESS FROM LYNX BUS #3, 7, 11, & 18 • 800 DELANEY AVENUE • ORLANDO, FL 32801 • 407-246-4440

TRIPS / ACTIVITIES

CLOSED – NO BINGO on Thanksgiving
Thursday November 26, 2009

Happy Thanksgiving from the Beardall Senior Center Management and Staff.

Thanksgiving Show & Potluck Luncheon
Friday November 06, 2009, 11:00a.m.-1:00p.m.

This event will feature "Old Friends." Please RSVP at the center or phone 407-246-2637 to sign up to bring your favorite dish.

Exercise
Every Monday at 10:00 a.m. and every Wednesday at 9:00 a.m.

Come jump start your week and re-boost on Wednesday with Josie's Exercise Group in the Ballroom.

Yoga
Every Friday, 9:15-10:00a.m.
\$5.00 every Friday for the "Feel Free to be You" yoga session with Candice.

ASSISTANCE

S.H.I.N.E.
Tuesday November 3, 2009, 12:30p.m.
Insurance help.

Health checks by Conway Lakes Health and Rehabilitation Center
Thursday November 19, 2009, 9:00a.m.-12:00p.m.
Come and have your blood pressure and glucose checked Nurse Wilma.

DANCES

7:30 p.m. - 10:00p.m.
Admission \$4.00 (unless otherwise noted)

Wednesday
November 25 - Orlando Swing Band

Thursday
November 5 - Hudson Bay
12 - Tony Santos
19 - Hudson Bay
26 - CLOSED "Happy Thanksgiving"

Saturday
November 7 - Armand Marchesano
14 - Nick Viscuso on the Keyboard
21 - Good Times
28 - Tony Santos (admission \$10.00)

FOR MORE INFORMATION, VISIT:
CITY OF ORLANDO.net

DAILY SCHEDULE

Monday

8:00 a.m.	Horseshoe Club	
9:00 a.m.	Bridge Class (beg.)	\$14/\$17.50
	Crochet and Knit Group	
9:00 a.m.	Intermediate Tai Chi	\$7/\$10.50
9:30 a.m.	Steppers Practice	
9:30 a.m.	Retired Teachers (2nd Mon)	
10:00 a.m.	Card Group	
10:00 a.m.	Josie's Exercise Class	
10:30 a.m.	Steppers Practice	
12:00 p.m.	Rummy Kube	
1:00 p.m.	NARFE (1st Mon)	
	Scrabble Group	
	Silvertones Practice	
6:00 p.m.	Alzheimer's Group (1st Mon)	
6:30 p.m.	Delaney Park L.L. (2nd Mon)	
	NAMI (1st Mon)	
7:00 p.m.	GOOS Study Group (4th Mon)	
	Heart of Florida, African Violet Soc. (4th Mon)	

Tuesday

9:00 a.m.	New Outlook Pioneers Bd Mtg (1st Tues)	
9:30 a.m.	Decorative Art (3rd Tues. Paper Class)	
	Pinochle	
	Quilting	
	Spanish / Beginning Class - \$15.75	
10:00 a.m.	Line Dance	
10:00 a.m.	Mah Jongg Group	
10:30 a.m.	"Sing-Along" with Norm	
	Spanish / Intermediate Class - \$15.75	
	Widowed Friends of FI (3rd Tues)	
12:00 p.m.	Card Group	
12:30 p.m.	SHINE-Insurance Help (1st Tues)	
1:00 p.m.	Silk Painting (Studio Arts)	
6:30 p.m.	Ballroom Dance Class - \$12.00	
7:00 p.m.	G.O. Orchid Society (3rd Tues)	
	GOOS Workshop (1st Tues)	
7:30 p.m.	Archaeological Mtg (4th Tues)	
	(Feb., Apr., June, Aug., Oct., Dec.,)	

Wednesday

8:00 a.m.	Horseshoe Club	
9:00 a.m.	Sewing	\$6
9:15 a.m.	Josie's Exercise Class	

10:00 a.m.	African Violet Society (3rd Wed)	
	Reverse Mortgage (2nd Wed)	
10:00 a.m.	Line Dance (int)	
11:30 a.m.	Round Dance Lessons	
12:30 p.m.	Card Group	
	Sewing	\$6
1:30 p.m.	Widowed Persons Support Group (1st & 3rd Wed)	
2:00 p.m.	Beginning Tai Chi	\$7/10.50
4:00 p.m.	Basic Computer Class	\$15.75
5:30 p.m.	Radio Club (1st Wed)	
6:00 p.m.	Central FL Art Mtg (2nd Wed)	
6:30 p.m.	French Club	
7:00 p.m.	Radio Club Bd Mtg (3rd Wed)	
	Lake Davis Mtg (1st Wed)	
	Brain Injury Support Group (3rd Wed)	
7:00 p.m.	Central FL Jazz (3rd Wed)	
7:30 p.m.	Orlando Swing Band practice	
	(Big Band Dance on 4th Wednesday)	

Thursday

9:00 a.m.	New Outlook Pioneers Bd Mtg (4th Thurs)	
9:00 a.m.	AT&T Telephone Pioneers (3rd Thurs)	
9:00 a.m.	Health checks by	
	Conway Lakes Health & Rehab (3rd Thurs)	
9:30 a.m.	Quilting Bee	
9:30 a.m.	Pinochle Group	
	Italian Beginning Class	\$15.75
9:00 a.m.	Advanced Tai Chi	\$7/10.50
10:00 a.m.	Seniors vs. Crime (by appointment only)	
10:00 a.m.	Line Dance (beginning)	
12:00 p.m.	Card Group	
	Canasta Group	
1:00 p.m.	Water Color Class	\$31.50
6:30 p.m.	Clogging	\$3.00
7:30 p.m.	Ballroom Dance	\$4.00

Friday

8:00 a.m.	Horseshoe Club	
9:15 a.m.	Yoga	\$5.00
9:00 a.m.	REALM Card Group	
9:30 a.m.	Creative Writing Group	
12:00 p.m.	Bridge Party	
	Dominoes	

Saturday

9:00 a.m.	Studio Art Class	\$28/\$31.50
9:30 a.m.	AARP Drivers Safety Program (2nd & last)	
7:30 p.m.	Ballroom Dance	\$4.00

IMPORTANT INFORMATION

Monthly Club Meetings

1st Mon.	1:00 p.m.	National Assoc. Retired Federal Employees
1st Wed.	7:00 p.m.	Ham Radio Club
1st/3rd Wed.	1:30 p.m.	Widowed Persons Support Group
3rd Tues.	7:00 p.m.	G.O. Orchids Society
3rd Tues.	12:00 p.m.	Widowed Friends of FL Pot Luck
3rd Wed.	10:00 a.m.	African Violet Society
3rd Wed.	7:00 p.m.	Brain Injury Support Group
4th Thurs.	9:00 a.m.	AT&T Pioneers

AARP Driver Safety Program

AARP Driver Safety Program 2nd and last Saturday of each month cost: \$12.00 (members) and \$14.00 (non-members). The certificate of completion is good for car insurance discount. Renew every 3 years. Call 407-247-4440 to RSVP.

Mayor William Beardall Senior Center

Billiards and Exercise Room

Operating Hours:

Monday 8:00 a.m. til 9:00 p.m.
 Tuesday-Thursday 8:00 a.m. til 10:00 p.m.
 Friday 8:00 a.m. til 5:00 p.m.
 Saturday 9:00 a.m. til 10:00 p.m.
 Sunday Closed