







November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	2
3 *Balance, Strength & Stretch w/ Cindy COOL BEADS & DIY Workshop w/Jen Star-Beaded Ornament! (\$5pp)* Please register & prepay. 11am- 12:30pm Fit & Strong #17 1-2:30pm Must be registered. SOAR Reads! Book Club 1-3pm Tai Chi Evening 5-6pm	4	5 Election Day  SOAR is Closed.	6 Cribbage 9-10am Fit & Strong #18 9:30-11am Must be registered. TOPS! 9:30-11am Poker 10am-12pm Advisory Meeting 1-2:30pm Canasta 1:30-3:30pm *Gentle Mindful Yoga 5-6pm	7 *Tai Chi 9:30-10:30am BYO Lunch & Bingo (\$3) 12-2:30pm Supper Club @ Golden Rolls 5-7pm *Must pre- register. *Transportation not provided.	8 *KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Veteran's Appreciation Lunch 12-2pm *Free to Veterans and an adult guest! *Pre-registration is required. Pinochle 1-3:30pm	9
10 Veteran's Day  SOAR is Closed.	11	12 Breakfast Club for Men @ Corner Square Cafe 8-9:30am *Chair Yoga 11am-12pm Euchre 1-3pm	13 Cribbage 9-10am NO TOPS! Poker 10am-12pm NO FIT & STRONG Canasta 1:30-3:30pm *Gentle Mindful Yoga 5-6pm	14 *Tai Chi 9:30-10:30am BYO Lunch & Bingo (\$3) 12-2:30pm-	15 NO KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	16

<p>17</p> <p><i>*Balance, Strength & Stretch w/ Cindy</i> 10-11am</p> <p>COOL BEADS 11am- 12:30pm</p> <p>NO FIT & STRONG</p> <p><i>Tai Chi Evening</i> 5-6pm</p>	<p>18</p> <p><i>*Chair Yoga</i> 11am-12pm</p> <p>Brown Bag Lunch & Movie 1-3pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p>  <p>International Men's Day</p>	<p>19</p> <p>Cribbage 9-10am</p> <p>Fit & Strong #19 9:30-11am <i>Must be registered.</i></p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>A Fiber-Friendly Gathering (The New & Improved Open Sew) All types of fiber projects welcome! *Please register. 1-3:30pm</p> <p>Workshop Wednesdays 1-2:30pm</p> <p>Lake Co. Center for Independent Living, Hearing & Vision Assistance Presentation Free, but please sign up!</p> <p>Canasta 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 5-6pm</p>	<p>20</p> <p><i>*Tai Chi</i> 9:30-10:30am</p> <p>THANKSGIVING LUNCHEON (\$10pp) 12-2:30pm <i>*Requires pre-registration and pre-payment.</i></p> <p>Social Hour @Winestock 5-7pm <i>*Please pre-register at SOAR *Must be able to navigate stairs with railings. *Transportation not provided.</i></p>	<p>21</p> <p><i>*KEEP FIT & STRONG</i> 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	<p>22</p>	<p>23</p>
<p>24</p> <p><i>*Balance, Strength & Stretch w/ Cindy</i> 10-11am</p> <p>SOAR Explorers Meeting 11-12pm</p> <p>Fit & Strong #20 1-2:30pm <i>Must be registered.</i></p> <p><i>Tai Chi Evening</i> 5--6pm</p>	<p>25</p> <p><i>*Chair Yoga</i> 11am-12pm</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p> <p>DIY Creative Workshop w/Jen 2-3:30pm</p> <p>Thanksgiving Floral Arrangement (\$10pp) <i>*Requires pre-registration and pre-payment.</i></p>	<p>26</p> <p>Cribbage 9-10am</p> <p>NO FIT & STRONG</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>LUNCH DATE @Oliver's 11:00am-1:00pm <i>*Must pre- register. Transportation not provided.</i></p> <p>Canasta 1:30-3:30pm</p> <p><i>*Gentle Mindful Yoga</i> 5-6pm</p>	<p>27</p> <p>THANKSGIVING DAY</p>  <p>SOAR is Closed.</p>	<p>28</p> <p>THANKSGIVING HOLIDAY</p> <p>SOAR is Closed.</p>	<p>29</p>	<p>30</p> <p>Updated 10/28</p>

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock
Hours: 9-4pm Monday-Friday, and for evening activities as noted on the calendar.

Regular weekly drop-in programs at SOAR@Dorr are free. Programs or events that require payment are designated by a (*).

All wellness/fitness classes are \$5 per class, *but* try your first one for free!

A \$25, 8 punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions?

Call: 815-338-0125

Ask for: Laura Wassinger, Director of Programs

Lynda Rohe, Director of Services

Email: Laura Wassinger: lauraw@dorrtownship.com

Lynda Rohe: lynda@dorrtownship.com

Website: www.dorrtownship.com/soar@dorr