


# Herman Prior Activity Center

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
REPEAT ACTIVITIES - SUBJECT TO CHANGE PLEASE CHECK WEBSITE FOR UPDATES - <a href="http://www.hermanpriorcentre.com">www.hermanpriorcentre.com</a>					
10:00- Line Dance Coffee Crew	Coffee Crew	Coffee Crew	10:00-HPC Tai Chi Coffee Crew	10:00-Floor Curling Coffee Crew	<b>IMPORTANT NOTICE:</b> <u>YOGA:</u> Cancelled Nov 20 - 25th LINE DANCING Cancelled Nov 6 and 13th SENIOR FITNESS Cancelled Nov 17, 21 & 24 <u>SPECIAL DATE:</u> ** Dr. Belmont - will be at the centre November 21st
10:30- Resistance Band	9 - Noon Pool League	9 - Noon Pool League 10am Pickleball	9 - Noon Pool League 1:00-Bridge	9 - Noon Pool League 1:00-Floor Shuffleboard	
1:00 - Chair Yoga	12:30- Bridge	1:00 - Cribbage	1:00-Weaving		
1:00 - Cribbage	1:00- Quilting Queens	1:00-Hatha Yoga	1:00 - Chair Yoga	1:00-Senior Fitness	
6:00- Clogging	1:00 - Senior Fitness		1:00- Whist		
7:00- Music Jammers (13th and 27th)		6:30-Prairie Strummers Ukelele Club (1, 15, 29)	6:30-Pickleball		
	7:00-Genealogy (28th)		7:00-Pairs & Squares		
<b>NOON MEAL MENU</b> Phone 857-6951 day before to order. Eat in: \$8 Take-out & Delivery: \$10					
		1st - Salisbury Steak	2nd Roast Chicken	3rd - Salmon	Christmas Craft Sale & Flea Market Nov. 18th <u>PLEASE NOTE:</u> We will only be offering soup <u>OR</u> salad for the lunch meal.
6th - Chili & Bannock	7th - Pulled Pork & Potato Salad	8th Baked Spaghetti	9th Roast Chicken	10th Fish or Liver & Onions	
13th - CLOSED	14th Roast Beef	15th Chicken & Dumplings	16th Roast Chicken	17 Shrimp Scampi	
20th Mac & Cheese Meatloaf	21st Beef Pot Pie w/gravy	22nd - Salisbury Steak	23rd Roast Chicken	24th Pickerel	
27th - Tomato & Sausage Pasta Bake	28th - Beef Stew	29th Chicken Cordon Bleu & Scalloped Potato	30th Roast Chicken		