

NOVEMBER SOCIAL SCHEDULE

Pricing is always shown per person. Please arrive early as all programs begin promptly on time. Room locations subject to change.

POWER TALKS

BEYOND SPEECH: HOW SPEECH THERAPY HELPS YOU STAY SHARP, STRONG & CONNECTED

November 4 | 9:30 AM | Registration required | FREE | Post Oak A

STAYING STRONG AND ACTIVE: JOINT REPLACEMENT, OSTEOPOROSIS, & FRAGILITY FRACTURE PREVENTION

November 10 | 9:30 AM | Registration required | FREE | Redbud

GRIEF AND LOSS: UNDERSTANDING THE JOURNEY & FINDING HOPE

November 13 | 10 AM | Registration required | FREE | Post Oak A

HEALTH FAIR WITH TEXAS HEALTH RESOURCES

November 19 | 10 AM | Registration required | FREE | Post Oak A

Light refreshments served at all Power Talks.



SPECIAL EVENTS

TERRACE & TUNES

November 6 | 11 AM to 1 PM | \$3 | Terrace

Enjoy live music while you shop for tasty bites from local food trucks and participate in fun games! Bring friends, try something new, and support local businesses in a relaxed, lively atmosphere.

VETERAN'S DAY CELEBRATION

November 11 | 11 AM to 1 PM | \$3* | Post Oak

Enjoy patriotic music, special guest speakers, and a heartfelt tribute to our veterans. Let's come together in gratitude and recognition of their sacrifice and service. *Veterans & spouses attend free.

DAY TRIPS

AT&T STADIUM TOUR

November 3 | 10 AM to 3 PM | \$80 | Arlington | Exertion: 2 out of 4
Go behind the scenes at the home of the Dallas Cowboys with an exclusive guided tour featuring the locker rooms, field, and more. We will grab lunch at a local restaurant before heading over!

VOTING DATES

November 3: Election Day
November 30: Runoff Voting

HOLIDAY HOURS

November 26: Closed
November 27: 8 AM to 12 PM

COOKING CLASSES

BUTTERNUT SQUASH, PLANTAIN & COCONUT MILK SOUP

November 5 | 1 PM | Registration required | \$20 | Kitchen

POTATOES DAUPHINOISE: DECADENT HOLIDAY TREAT

November 12 | 1 PM | Registration required | \$20 | Kitchen

INTRO TO FLY FISHING WITH RUSSELL

November 6, 13 & 20 | 10 AM to 12 PM | Free | Redbud
Discover the art of fly fishing with fun, hands-on classes.
Must attend all sessions

SAVVY SESSIONS

WALK THROUGH MEDICARE WITH BUTCH HEADING

November 6, 13 & 20 | 10 AM | Registration required | FREE | Lobby

FINANCIAL CONFIDENCES FOR YOUR NEXT CHAPTER BECAUSE IT'S IMPORTANT TO YOU BY MODERN WOODMEN OF AMERICA

November 9 | 11 AM | Registration required | FREE | Post Oak A
Light refreshments served

CARING FOR THE CAREGIVER BY HEALTH HIVE

November 18 | 10 AM | Registration required | FREE | Post Oak A

BRAIN & MEMORY - HOLISTIC CARE FOR MEMORY LOSS BY VITALITY FAMILY CHIROPRACTIC

November 30 | 12:30 PM | Registration required | FREE | Post Oak A
Light refreshments served

TECH CONNECT

November 4 & 18 | 1 PM
FREE | Post Oak A

SPUD AND SHOW

November 20 | 1:30 PM
\$3 | Redbud

TABLETOP GAMES

CEDAR LOUNGE

CARDS, PUZZLES, BOARD GAMES, & MORE

Monday thru Friday | 10 AM | FREE

TEN-BALL POOL TOURNEY

November 20 | 9 AM | \$2

WELLNESS ROOM

PING PONG

Tuesdays & Thursdays | 1:30 PM | FREE

POST OAK B

MAH JONGG 101

November 3, 10, 17, & 24 | 1 PM | \$10

Maximum: 16 people | Must attend all sessions

LEARN TO PLAY TEXAS HOLD 'EM

Mondays | 10 AM | FREE

OPEN PLAY BRIDGE

Tuesdays | 10 AM | FREE

CHINESE MAH JONGG

Thursdays | 1 PM | Free

AMERICAN MAH JONGG

Thursdays | 9 AM | Free

Fridays | 10 AM | Free

42 DOMINOES

Thursdays | 1:30 PM | FREE

BINGO

November 3 | 1 PM | \$2 | Post Oak A
Easy-to-play game that relies on luck, but it's enjoyable for everyone.

ARTS & CRAFTS

CRAFT CLASSES

CREATING IMAGES WITH DRIED PLANTS

November 4 & 11 | 9 AM | \$8 | Redbud

NATIVE AMERICAN ROPE BASKET WEAVING

November 18 | 9 AM | \$8 | Redbud

THANKSGIVING CENTERPIECE JAR

November 25 | 9 AM | \$8 | Redbud

KNIT FOR CHARITY

November 4 & 18 | 2 PM | Wellness Room

Bring your own knitting needles

ORIGAMI

THANKSGIVING TURKEY & LEAVES

November 12 | 1 PM | \$5 | Redbud

CRAFT SOCIAL

BRING YOUR OWN CRAFT PROJECTS

Mondays | 9 AM | Redbud

CLUBS

BOOK CLUB

November 10 | FREE

Morning Meeting: 9 AM | Post Oak A

Afternoon Meeting: 3:30 PM | Redbud

BIKE CLUB

November 10 | 8 AM | FREE

Please register for more information.

GARDEN CLUB

November 10 | 1 PM | FREE | Redbud

CHESS CLUB

Every Tuesday | 10 AM | FREE | Cedar Lounge

PUZZLE CLUB

Every Wednesday | 10 AM | FREE | Post Oak B

MUSIC PROGRAMS

MELODY MAKERS

Every Monday | 12:30 PM | FREE | Post Oak B

RHYTHMIC HAND DRUMMING

Every Wednesday | 1:30 PM | FREE | Redbud

SING ALONG WITH BILL

November 4 & 18 | 12:30 PM | FREE | Wellness

BIRTHDAY KARAOKE

November 13 | 12:30 PM | FREE | Redbud

FITNESS PROGRAMS

CHAIR VOLLEYBALL

Mondays & Wednesdays

2:30 PM | FREE | Post Oak A

HULA HOOP

Mondays & Wednesdays

2:30 PM | FREE | Elm

LET'S TALK ACTIV

November 4 | 6 PM | Free | Post Oak Hall

Join us for an open forum where members can share ideas, ask questions, and help shape a stronger community together.



ACTIV CENTER

2061 West Green Oaks Boulevard
817-575-3400
NaturallyFun.org

ACTIVE SIDE HOURS:

Monday thru Friday: 6 AM to 8 PM
Saturday: 8 AM to 5 PM
Sunday: 12 to 5 PM

SOCIAL SIDE HOURS:

Monday thru Friday: 8 AM to 5 PM
Saturday: Closed
Sunday: Closed