





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity Room-AR Multi-Purpose Room-MR Kitchen-K Dining Room-DR Arts & Crafts Room-AC Fitness Room-FR Conference Room-CR Lounge/Media Room-LM Google Meet-GM Zoom-Z	 <p>Virginia S. Tillett Community Center 950 Marshall C. Collins Dr Manteo, NC 27954 (252) 475-9270</p>	<h1>November 2024</h1>	Fitness Room is closed every Wednesday from 1-3:30 pm for cleaning!	<p>Light the World in Teal is an annual program held in November as part of Alzheimer's Awareness Month. People and places around the world "go teal" to raise awareness and show support for the millions of people affected by Alzheimer's. This year's Light the World in Teal takes place on November 1, 2024. Teal is AFA's Alzheimer's awareness color.</p>	<p>1</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR</p> <p>Wear Teal for Alzheimer's Awareness!</p>	<p>2</p> <p>8 a.m.—5 p.m. Roanoke Island Woman's Club Craft Fair</p>
<p>R.S.V.P.</p> <p>RSVP for our Veterans Celebration by calling 252-475-9270!</p>	<p>4</p> <p>7:00- 7:00 Fitness Room 9:00-11:00 8 Ball League-AR 9:00-12:00 Canasta-LM 9:30- 4:00 Basket Making-AC 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:10- 1:00 Step & Tone-MR 3:00- 6:00 COA Culinary Class-K</p>	<p>5</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Special Olympics Cheer-MR 1:30- 2:30 Advance Care Plan.-CR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>6</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 9:45-10:45 Youthful Hearts-MR 11:00-11:30 Chair Stretch-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 2:00 Lunch & Learn-MR 1:00- 4:00 Mahjong Mavens-LM</p>	<p>7</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:00 DCPM Mtg-CR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 2:00- 3:00 Caregivers Support Group-CR 5:30- 7:00 DC Trails Comm. Mtg-AC 5:30- 6:30 Yoga with Tracy-MR 6:00- 7:00 TOPS-CR</p>	<p>8</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass & Resin-AC</p>	<p>Team Spirit Fridays! Join the VTCC huddle by wearing your favorite teams' tshirt, socks, hats, etc.!</p> 
<p>10</p>	<p>11</p>  <p>CLOSED</p>	<p>12</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 9:00-10:00 VTCC Adv. Brd.-CR 10:00-10:45 Tabata Silver-MR 10:00-11:00 Dare to Scare Mtg.-CR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Special Olympics Cheer-MR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>13</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 11:00-11:30 Chair Stretch-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM 6:00- 7:00 Grief Support Group-CR</p>	<p>14</p> <p>7:00- 7:00 Fitness Room 9:00- 1:00 Caregivers Day Out-AC,DR 12:00- 1:00 Veterans Celebration-MR,DR 12:00- 1:00 Congregate Meals-DR 5:30- 6:30 Yoga with Tracy-MR 6:00- 7:00 TOPS-CR 5:30- 7:00 R.I. Womens Club-AC</p>	<p>15</p> <p>7:00- 5:00 Fitness Room 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:10- 1:00 Step & Tone-MR 12:30- 3:00 Glass & Resin-AC 2:00- 4:00 GEM Harmony Café-AC,DR</p>	<p>16</p>
<p>VTCC Pigeon Forge Trip Nov.19th-22nd</p> 	<p>18</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00-10:00 Medicare 101-CR 9:00-11:00 8 Ball League-AR 9:00-12:00 Canasta-LM 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Glass & Resin Class-AC 3:00- 6:00 COA Culinary Class-K</p>	<p>19</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 9:00- 1:00 All Ages Pool Tourn.-AR 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Special Olympics Cheer-MR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>20</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 8:00- 9:00 Yoga w/Mary-MR 9:45-10:45 Youthful Hearts-MR 11:00-11:30 Chair Stretch-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM 3:00- 7:00 Holiday Cooking Class-K,DR</p>	<p>21</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Caregivers Day Out-AC,DR 10:00-11:15 Yoga w/ Pat-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Beach Club 5:30- 6:30 Yoga with Tracy-LM 5:30- 7:00 Book Club-LM 6:00- 7:00 Charleston Trip Mtg.-DR 6:00- 7:00 TOPS-CR</p>	<p>22</p> <p>7:00- 5:00 Fitness Room 8:00- 6:00 Norfolk Outlet Trip 9:45-10:45 Youthful Hearts-MR 12:00- 1:00 Congregate Meals-DR</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>7:00- 7:00 Fitness Room 8:00- 9:00 Yoga w/Mary-MR 9:00- 5:00 RIWC Basket Pickup-DR 9:00-11:00 8 Ball League-A 9:00-12:00 Canasta-LM 9:45-10:45 Youthful Hearts-MR 10:00-12:00 "Willy Wonka"-LM 12:00- 1:00 Congregate Meals-AC 12:10- 1:00 Step & Tone-MR 3:00- 6:00 COA Culinary Class-K</p>	<p>26</p> <p>7:00- 7:00 Fitness Room 7:30- 8:30 Tai Chi-MR 8:45- 9:45 Tai Chi-MR 9:00- 1:00 Tea Cup Quilters-AC 10:00-10:45 Tabata Silver-MR 11:30-12:00 Chair Aerobics-MR 12:00- 1:00 Congregate Meals-DR 12:30- 1:30 Special Olympics Cheer-MR 2:00- 4:00 Rummikub-LM 3:00- 6:00 COA Culinary Class-K</p>	<p>27</p> <p>7:00- 1:00/3:30-7:00 Fitness Rm 9:45-10:45 Youthful Hearts-MR 11:00-11:30 Chair Stretch-MR 12:00- 1:00 Congregate Meals-DR 12:30- 3:00 Art Works Club-AC 1:00- 4:00 Mahjong Mavens-LM</p> <p>VTCC will close at 5 p.m.</p>	<p>The VTCC will be closed in observance of Thanksgiving Thursday, November 28th & Friday, November 29th!</p>	