



November 2026 Highlights

Open Monday-Thursday, 10:00 AM-3:00 PM
For a complete list of programs and updated information,
please visit www.godfreymillercenter.org

For programs with *** please RSVP to: 540-667-5869 or anna@godfreymillercenter.org

Seated Yoga - Mondays, November 2, 16, & 30, 11:00 AM

Join yoga instructor, Debbie Coulson, for a seated chair yoga session. All are welcome - including beginners!
(Suggested Donation: \$3)

Lunch - Mondays, November 2, 9, 16, 23, & 30, 12:30 PM *RSVP (Tickets: \$10)**

- November 2: Spaghetti & Meatballs, Green Beans, Garlic Bread, & Dessert
- November 9: Hot Dog Mashed Potato Boats, Peas, Cornbread, & Dessert
- November 16: Egg Casserole, Baked Pineapple, Biscuit, & Dessert
- November 23: Turkey, Dressing, Green Bean Casserole, Roll, & Dessert
- November 30: Tuna Melt, Squash Casserole, Carrots, & Dessert

Scottish Country Dancing - Monday, November 2, 9, 16, 23, & 30, 6:30-8:30 PM

Come join us in dancing to lively Scottish music - jigs, reels, hornpipes - and the uniquely Scottish strathspey!
You do not need a partner or Scottish heritage. All beginners and experienced dancers are welcome.
(Suggested Donation: \$5)

Still Life Art Studio - Tuesdays, November 3, 10, 17, & 24, 10:00 AM-12:00 PM *RSVP**

Each Tuesday artists are invited to come work and develop their painting and drawing skills together. There will be still life examples available for your inspiration. This is a great opportunity to practice your artistic skills with friends! All supplies are provided, but you are welcome to bring your own as well. (Suggested Donation: \$5)

Lunch - Thursdays, November 5, 12, & 19, 12:30 PM *RSVP (Tickets: \$10)**

- November 5: Roasted Red Pepper, Chicken & Mozzarella Sub, Potato Salad, Slaw, & Dessert
- November 12: Sloppy Joes, Lima Beans, Tater Tots, & Dessert
- November 19: Chili Soup, Grilled Cheese, & Dessert

Sunday Stitch-In - Sunday, November 8, 2:00 PM

The Winchester Chapter of the Embroiderers' Guild of America, in cooperation with Godfrey Miller Center (GMC), is hosting "Sunday Stitch-In." at 2:00 PM. The stitch-ins are for anyone who loves stitching and wants to learn the ins and outs of embroidery. All skill levels are welcome. For questions contact us at 703-946-0191 or winchesterchapterega@gmail.com

Workshop: Holiday Sewing Circle - Sunday, November 8, 2:00 PM

The Fort Loudoun Chapter of the Daughters of the American Revolution is hosting a sewing circle. The Sunday, November 8 session will be a special session making a fabric no-sew ornament or table topper in the shape of a snowman or star. Materials will be provided and there is no cost for this event.

Android Smart Phone Help Session - Monday, November 9, 10:30-11:30 AM

Join Program Coordinator Anna for help with your smart phone. Bring your device, account passwords, and any questions!

Midweek Mahjong - Wednesdays, November 11 & 25, 10:00 AM - 12:00 PM

In addition to our regular Thursdays of Mahjong, there will be two opportunities to play on Wednesdays. Beginners and experienced players are welcome to join!

Practical Tai Chi - Wednesdays, November 11 & 25, 11:00 AM

Adrian's Practical Tai Chi classes are a blend of tai chi and qigong, meant to get the practitioner connected into their own body. The focus is on proper body structure and grounding, while different series of movements are performed. Attendees can expect to feel more grounded, relaxed, and rejuvenated after each class. Limited-mobility friendly! (Suggested Donation: \$3)

Workshop: Golden Gratitude Journals - Wednesday, November 11, 1:00 PM *RSVP**

Celebrate our golden anniversary with Golden Gratitude Journals, a calm and creative workshop. We'll decorate journals and spend time writing simple reflections of gratitude and appreciation. (Suggested Donation: \$5)

Medicare Presentation - Thursday, November 12, 1:30 PM

With the Medicare Annual Enrollment Period upon us, we recognize that just the Prescription Plans, alone, can be overwhelming! Winchester resident, Will Roux, from Blue Ridge Agents Insurance, will be here to help you navigate through all of the changes and answer any questions you may have. This is an open event, so please feel free to invite anyone you like! Blue Ridge Agents is a local agency specializing in Medicare plans from all providers.

Workshop: Holiday Greeting Cards - Wednesday, November 18, 10:30 AM *RSVP**

Join Lorraine for a custom greeting card workshop! This workshop will guide you through making themed greeting cards for the upcoming holiday season. (Suggested Donation: \$6)

Guided Historic Tours - Third Thursday, November 19, 1:00-3:00 PM

Stop in for a guided tour of the historic Godfrey Miller Home. Learn about the historic home and what the Center does today!

iPhone Help Session - Monday, November 23, 10:30-11:30 AM

Join Program Coordinator Anna for help with your smart phone. Bring your device, account passwords, and any questions!

Greens Workshop - Tuesday, November 24, 1:00 PM *RSVP**

Join T. Shafferman for a holiday greens workshop. This centerpiece will be perfect for Thanksgiving and all through the upcoming holiday season. All supplies will be provided, but please bring a pair of clippers if you have some. (Suggested Donation: \$10)

Godfrey Miller Center will be closed on Thursday, November 26 in recognition of Thanksgiving.

Every Monday Jigsaw Puzzles – 10:00 AM Art Studio – 10:00 AM Monday Card Games – 12:00 PM Exercise for Balance and Strength – 2:00 PM (Suggested donation: \$3.00)	Every Wednesday Exercise for Balance and Strength – 2:00 PM (Suggested donation: \$3.00)
Every Tuesday Samba/Hand & Foot – 10:00 AM Strength and Conditioning Class – 2:00 PM	Every Thursday Mahjong – 10:00 AM Strength and Conditioning Class – 2:00 PM