In the Kitchen with Cassandra

Friday
November 20
Noon - $8

Turkey, mashed potatoes & gravy, green bean casserole, stuffing, and Pie bars.

Pizza Party

Wednesday
November 25
12:00pm
Pizza Hut Pizza
12:30pm
Bingo
1:30pm
Choose a Game
Pizza Hut personal pan-$5.00
(Pay at the front desk before 4pm - 11/24)

Happy BIRTHDAY

11/1 Judy Hansen
11/6 Carol Ernst
11/7 Ruth Casper
11/7 Linda Frederick
11/7 Alice Larkin
11/7 Audrey Mohorko
11/9 Debra Sorge
11/11 Steve Rake
11/11 Frank Voge
11/18 Pamela Gearing
11/20 Michael Rosenberg
11/21 Tim Young
11/22 Michael Mattie
11/24 Sharon Johnson

Hub Happenings November 2026

Open
Monday - Friday
8:00a-4:00p
$6/Month
(Regular and Decaf Coffee Included)
Phone: 715.670.0790
The Hub active adult center is a wonderful space in the Lunda Community Center for those 55+ to come in and make new friends, learn new skills, socialize, enjoy a cup of coffee, play cards and enjoy a variety of programs and activities.

Exercise Opportunities

Tuesdays - 10:00am-10:45am
$1.00 - Sign-Up at the Front Desk. Instructor
Katie Larkin
Hub's Functional Flow and Balance class: This class will begin with chair flexibility to start the flow of your day and will transition to functional standing balance tasks (chairs available) to encourage and maintain your stability. If no Functional Flow class DVD will play instead.
(Must be a Hub Member)
Thursdays - 10:00am-10:45am
Strength DVD Chair Exercise

Guest Speaker

Ron Perry

Monday
November 16
1pm
Ready to be inspired?
The Power of the Mind, the Resiliency of the Body: A Journey to the Ironman.
Don't let age be an excuse.
All Welcome
No Cost

Guest Presenter

Black River Health

Paula Voskuil

Registered Polysomnographic Tech.
Monday, November 9
12p-1p
What to Know About Sleep Apnea
An hour-long seminar on sleep.

Card Playing Schedule

Monday
Bridge
12:30p-4:00p
Tuesday
Euchre
9:00a-11:30a
Wednesday
Sheepshead
8:00a-11:30a
Thursday
500
1:00p-4:00p
Friday
Choose a Game OR Euchre
10:00a

Movie

Wednesday November 11
1pm
Trading Places
Upper-crust executive Louis Winthorpe III (Dan Aykroyd) and down-and-out hustler Billy Ray Valentine (Eddie Murphy) are the subjects of a bet by successful brokers. Comedy

Open Painting Fun Day

Tuesday, November 3
9:30a-11:30a
Bring your own supplies and paint the first Tuesday of every month (No extra charge/No Instructor)

HUB November 2026



Coffee With a Cop Thursday November 5

First Thursday of Every Month 11am
All Welcome!
No Hub Membership Needed.

Dominoes

10am
Every Monday and Friday

Monday 11/2
10:00a
Dominoes

12:30p-4:00p
Bridge

Tuesday 11/3
9:00a-11:30a
Euchre

9:30-11:30
Open Painting Fun Day

10:00a - 10:45a
Functional Flow

Wednesday 11/4
8:00a-11:30a
Sheepshead

Thursday 11/5
10:00a-10:45a
Strength DVD

11:00a
Coffee w/ a Cop

1:00p-4:00p
500
And
Scrabble

Friday 11/6
10:00a
Choose a Game
Or
Euchre

10:00a
Dominoes

Monday 11/9
10:00a
Dominoes

12:00p-1:00p
Presenter:
Paula Voskuil
Sleep and Health

12:30p-4:00p
Bridge

Tuesday 11/10
9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow

Wednesday 11/11
8:00a-11:30a
Sheepshead

1pm
Movie

Thursday 11/12
10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

Friday 11/13
10:00a
Choose a Game
Or
Euchre
10:00a
Dominoes

Monday 11/16
10:00a
Dominoes

12:30p-4:00p
Bridge

1:00p
Guest Speaker
Ron Perry

Tuesday 11/17
9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow

Noon
Guest Speaker

Wednesday 11/18
8:00a-11:30a
Sheepshead

Noon-3:00p
Tuesday Club
Great Room
Reserved

Thursday 11/19
10:00a-10:45a
Strength DVD

1:00p-4:00p
500
And
Scrabble

Friday 11/20
10:00a
Choose a Game
OR
Euchre

10:00a
Dominoes

Noon
Lunch

Monday 11/23
10:00a
Dominoes
12:30p-4:00p
Bridge

Monday 11/30
10:00a
Dominoes
12:30p-4:00p
Bridge

Tuesday 11/24
9:00a-11:30a
Euchre

10:00a - 10:45a
Functional Flow

Wednesday 11/25
8:00a-11:30a
Sheepshead

Noon
Pizza Party

12:30
Bingo

Thursday 11/26
Closed



Friday 11/27
10:00a
Choose a Game
OR
Euchre

10:00a
Dominoes