Star of Hope
COMMUNITY ENRICHMENT

NOVEMBER ACTIVITY BINGO

Coos Bay • North Bend • Brookings | 2026

Complete five activities in a row — across, down, or diagonal!

B	I	N	G	O
Try Yoga at the Museum 	Go swimming at BAAC 	Visit the Farmers Market 	Take a mindful nature walk 	Attend a local history talk 
Try a BAAC fitness class 	Visit a library 	Go to the Mushroom Festival 	Practice gratitude 	Try a Qi Gong class 
Explore a museum 	Take a group walk 	FREE SPACE	Try an arts & crafts project 	Enjoy a healthy meal 
Join a Wednesday group run 	Try water aerobics at BAAC 	Learn a new skill 	Connect with a friend 	Try a beginner yoga class 
Visit a local park 	Attend a community event 	Do a kind deed 	Explore a new book 	Celebrate your progress 

BAAC = Bay Area Athletic Club, Coos Bay. Check event dates, accessibility, fees, and class schedules with organizers before attending. Activities may be adapted for different abilities.

Name: _____ **Date completed:** _____

Star of Hope
COMMUNITY ENRICHMENT

November Activity Guide



Coos Bay • North Bend • Brookings
Local Events • Classes • Activities • Opportunities

Fun ways to stay healthy, active, curious, and inspired this November!

WELLNESS
Nourish Your Mind, Body, & Spirit



- **Coos Bay Public Library Wellness Wednesday** – Nov 5
  Stress relief, mindfulness & self-care
- **Free Community Yoga – North Bend**
  Tuesdays (check local schedule)
- **Mindfulness & Meditation – Coos Bay**
  Nov 12 at the Coos Art Museum
- **Coastal Nature Walks – Shore Acres**
  Daily – fresh air, ocean views & calm
- **Healthy Living Cooking Class – Brookings**
  Nov 18 at the Chetco Community Library

FITNESS
Keep Moving, Keep Feeling Great

- **Bay Area Athletic Club (BAAC) Group Fitness Classes** – Daily
  Yoga, strength, cycle, and more
- **Swim at BAAC** – Lap Swim & Open Swim
  Monday–Saturday
- **Water Aerobics at BAAC**
  Low-impact, high-energy fitness
- **Coos Bay Fun Run – Turkey Trot 5K**
  Nov 23 (all ages & abilities welcome)
- **Brookings Community Trail Walks**
  Explore local parks and coastal trails



LEARNING
Discover • Explore • Grow



- **Coos Art Museum – New Exhibits**
  Nov 1–30 – local and regional artists
- **History Talk: Oregon's Coastal Past –**
  Coos History Museum, Nov 8
- **DIY Holiday Crafts –**
  North Bend Public Library, Nov 14
- **Local Wildlife & Conservation –**
  Harris Beach State Park (Brookings), Nov 15
- **Tech Basics for Everyday Life –**
  Coos Bay Public Library, Nov 19 (email, online safety, and more)

PERSONAL GROWTH & DEVELOPMENT
Build Skills • Make Connections • Thrive

- **Gratitude & Goal Setting Workshop –**
  Coos Bay Library, Nov 4
- **Volunteer & Give Back –**
  Local food drives, holiday gift programs & community service opportunities
- **Creative Expression Night –**
  Brookings Library, Nov 10 (writing, art, and sharing)
- **Build a More Positive You –**
  Personal Development Workshop, Nov 17
- **Community Comnection Social –**
  North Bend Community Center, Nov 21 Meet new people and build friendships



Get Out • Try Something New • Be Well • Be Inspired!

Event dates and details are subject to change. Please check local websites, community calendars, or event organizers for the most current information, accessibility, and registration details.