

NOVEMBER 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
(A) = Auditorium (D) = Dining Room			1. 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba Class	2. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Sewing with Janet 6:00-7:30pm Line Dancing
5. 10-12 Cards/Games 10:30 Participants' Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup	6. 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba Class	7. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bingo	8. 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Couponing (off site) 1:00 Frauds & Scams w/Insurance 4:30 Zumba Class	9. 10-12 Cards/Games 11:14-11:45 Gentle Stretching 1:00 Fall Craft
12. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Medicare Update 2-3 Q&A/Tech Help	13. 9:00 Jane Freeman 10-12 Cards/Games 10 SilverSneakers 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing (A) 1:00 Make It & Take It (D) 4:30 Zumba Class	14. 8:30-11:30 Paint Class 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 12:00 Thanksgiving Lunch 12:45 Bingo 2-3 Q&A/Tech Help 5:00-7:00pm Guided Meditation	15. 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba	16. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:00-7:30pm Line Dancing 6:30-8:30 Sewing with Janet
19. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cake Day	20. 9:00 Jane Freeman 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Couponing (off-site) 1:00 Cards/Games 3:00 Board Meeting 4:30 Zumba Class	21. Birthday Party 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Bonworth Fashion Show 6-8pm Reflexology	22. CLOSED TODAY Happy Thanksgiving 	23. CLOSED TODAY 
26. 10-11 Q&A/Tech Help 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Journaling w/ Joan 2-3 Q&A/Tech Help 6:30 Christmas Card Stamping	27. 10-12 Cards/Games 10 SilverSneakers 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Line Dancing (A) 1:00 Make It & Take It (D) 4:30 Zumba Class	28. 8:30-11:30 Paint Class 9:00-12 Reflexology 10-11 Q&A/Tech Help 10-11 Blood Pressure 10-12 Cards/Games 10:30-11:30 Rover Outreach 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 1-5 Hearing Appts. 6:30 Social Media/ Facebook	29. 10-12 Cards/Games 10 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba 6:30 Genealogy	30. 9:00 am - 2:00 pm Jewelry Repairs and Appraisal Clinic 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Under the Sea Theme Lunch 1:00 Cards/Games 6:00-7:30pm Line Dancing

Rover Transportation Provided