



# NOVEMBER 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
<b>Lunch announcements will begin at 11:45am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm</b>				
<p>(OS): Off-Site via Zoom ABC: Always Best Care</p>	<p style="text-align: center;"><b>Daylight Savings Time ends at 2am on Sunday, November 3</b></p>		<p style="text-align: center;"><b>Veteran's Breakfast</b></p> <p style="text-align: center;"><b>Saturday, November 9 7am-10am</b></p>	<p>1. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Games/Cards</b></p>
<p>4. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Games/Cards</b> 2-3 Q&amp;A/Tech Help</p>	<p>5. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 ABC Bingo</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>6. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help <u>11:45 Lunch</u> <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p>7 <b>8-12 AARP Driving</b> 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Games/Cards</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>8. <b>8-12 AARP Driving</b> 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> <b>12:45 Games/Cards</b></p>
<p>11. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Veteran card making</b> 2-3 Q&amp;A/Tech Help</p>	<p>12. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Games/Cards</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>13. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help <u>11:45 Lunch</u> <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p>14. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Cupcake Decorating</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>15. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> <b>12:45 Games/Cards</b></p>
<p>18. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Thanksgiving Craft</b> 2-3 Q&amp;A/Tech Help</p>	<p>19. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Games/Cards</b> 2-3 Q&amp;A/Tech Help 3pm Board Meeting 4:30 Zumba</p>	<p>20. <b>Birthday &amp; Thanksgiving Party</b> 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-12 Constituent Outreach 10-12 Edward Jones Advisor NO Q&amp;A/Tech Help <u>11:45 Lunch</u> <b>12:45 Entertainment: Sweet Life</b> NO Q&amp;A/Tech Help</p>	<p>21. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Petals Please</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>22. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> <b>12:45 Cards/Games</b></p>
<p>25. 8:30 Gentle Stretching &amp; Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Day with the Stars</b> 2-3 Q&amp;A/Tech Help</p>	<p>26. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&amp;A/Tech Help <u>11:50 Lunch</u> <b>12:45 Boost Your Immune System w/ Matt Thompson</b> 2-3 Q&amp;A/Tech Help 4:30 Zumba</p>	<p>27. 8:30 Gentle Stretching &amp; Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&amp;A/Tech Help <u>11:45 Lunch</u> <b>12:45 Bingo</b> 2-3 Q&amp;A/Tech Help</p>	<p style="text-align: center;"><b>Center Is Closed</b></p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>Center Is Closed</b></p> <div style="text-align: center;">  </div>