

MON	TUE	WED	THU	FRI
2 11:00 Morning Chat and Knitting Class w/ Michelle	3 11:00 LETS LAUGH! The Benefits of Laughter 11:15 Virtual Chair Exercise w/ Karen	4 Staff delivers EHDM Weekly Wellness Calls to all Participants	5 11:00 LETS LAUGH! The Benefits of Laughter 11:15 Virtual Chair Exercise w/ Karen	6 11:00 Virtual Bingo Weekly Email sent to all Participants
9 11:00 Morning Chat and Open Hand Nutrition Class w/ Michelle	10 11:00 LETS LAUGH! The Benefits of Laughter 11:15 Virtual Chair Exercise w/ Karen	11 <p style="text-align: center;">Veterans Day</p> <p style="text-align: center;">CLOSED</p>	12 11:00 LETS LAUGH! The Benefits of Laughter Health Minute 11:15 Virtual Chair Exercise w/ Karen	13 SNAP Presentation 11:00 Virtual Bingo Weekly Email sent to all Participants
16 11:00 Morning Chat and Inspirational Health Talk w/ Martin of Humana "When Life Gives You Lemons"	17 11:00 LETS LAUGH! The Benefits of Laughter 11:15 Virtual Chair Exercise w/ Karen	18 Staff delivers EHDM Weekly Wellness Calls to all Participants	19 <p style="text-align: center;">11:00 Virtual Thanksgiving Gathering Join us in celebrating our center and each other.</p>	20 11:00 Virtual Bingo Weekly Email sent to all Participants
23 11:00 Morning Chat and Thanksgiving Memories and Traditions shared Thanksgiving Trivia	24 11:00 LETS LAUGH! The Benefits of Laughter 11:15 Virtual Chair Exercise w/ Karen	25 Staff delivers EHDM Weekly Wellness Calls to all Participants	<p style="text-align: center;">HAPPY THANKSGIVING!</p> <p style="text-align: center;">CLOSED</p>	27 <p style="text-align: center;">CLOSED</p>
30 11:00 Morning Chat and Inspirations				<p style="text-align: center;">Birthdays</p> <p style="text-align: center;">Jili 11/15 Suzie 11/22 Karen M 11/25</p>