

MON	TUE	WED	THU	FRI
<b>1</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Strength 10:30 Craft Creations	<b>2</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Word Puzzles, Color 10:00 Chair Yoga 11:00 Inspirations	<b>3</b> 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Walking Club 10:30 Bingo w/ Bob	<b>4</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Craft Creations 10:30 Bingo w/ Bob	<b>5</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Heidi
<b>8</b> 9:00 Check-in, Visit, Walk 9:15 Puzzle Pairs 10:00 Veteran's Day Trivia 10:45 Tai Chi	<b>9</b> 9:00 Check-in, Visit, Walk 9:15 Word puzzles 9:30 Veteran's Day Trivia 10:00 Chair Yoga 11:00 Inspirations	<b>10</b> 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Walking Club 10:30 Bingo w/ Bob	<b>11</b>  <i><b>VETERAN'S DAY HOLIDAY CLOSED</b></i>	<b>12</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Mary Louise
<b>15</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Stretch 10:30 Wheel of Fortune	<b>16</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:15 Word Puzzles, Color 10:00 Chair Yoga 11:00 Inspirations	<b>17</b> 9:00 Check-in & visit 9:15 Word Puzzles, Color 9:30 Walking Club 10:45 Nutrition w/Michelle Open Hand	<b>18</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Fire Drill 9:45 Walking Club 10:30 Bingo w/ Bob	<b>19</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Heidi
<b>22</b> 9:00 Check-in, Visit, Walk 9:15 Word/Picture Puzzles 9:30 Senior Strength 10:30 Thanksgiving Trivia	<b>23</b> 9:00 Check-in & Visit 9:15 Word/Picture Puzzles 9:30 Walking Club 10:15 Thanksgiving Trivia 11:00 Inspirations	<b>24</b> 9:00 Check-in & visit 9:15 Word Puzzles 9:30 Walking Club 10:30 Family Feud	<b>25</b>  <i><b>THANKSGIVING HOLIDAY CLOSED</b></i>	<b>26</b>  <i><b>THANKSGIVING HOLIDAY CLOSED</b></i>
<b>29</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Senior Stretch 10:30 My Healthy Body	<b>30</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 My Healthy Body 10:00 Chair Yoga 11:00 Inspirations			Remote Programming: <b>Via Teleconference From Your Phone Dial: 701-802-5184 Access code: 1943486#</b>