

MON		TUE		WED		THU		FRI	
1		2		3		4		5	
	9:30 Memory Game		9:30 Memory Game		9:30 Name that Tune		9:30 Name that Tune		11:00 POKENO
	10:00 Chair Exercise		10:00 Chair Exercise		10:00 Chair Yoga		10:00 Chair Yoga		(Teleconference)
	10:30 Front Page News		10:30 Front Page News		10:30 Art Activity		10:30 Art Activity		
	11:30 Hang Man		11:30 Hang Man		11:30 Health Minute		11:30 Health Minute		
8		9		10		11		12	
	9:30 Morning Motivation		9:30 Morning Motivation		9:30 Morning Motivation				11:00 BINGO
	10:00 Chair Exercise		10:00 Chair Exercise		10:00 Chair Yoga		VETERANS DAY		(Teleconference)
	10:30 Movie		10:30 Movie		10:30 Art Activity		CLOSED		
					11:30 Word race				
15		16		17		18		19	
	9:30 Morning Motivation		9:30 Rebus		9:30 Rebus		9:30 Word Race		11:00 POKENO
	10:00 Chair Exercise		10:00 Chair Exercise		10:00 Chair Yoga		10:00 Chair Yoga		(Teleconference)
	10:30 Front Page News		10:30 NAMI		10:30 NAMI		10:30 Nutrition		
	11:30 Word Race		11:30 Mindgames		11:30 Mindgames		11:30 Hang Man		
22		23		24		25		26	
	9:30 Word Race		9:30 Coffee and Chat		9:30 Coffee and Chat		THANKSGIVING		THANKSGIVING
	10:00 Chair Exercise		10:00 Chair Exercise		10:00 Chair Yoga		CLOSED		CLOSED
	10:30 Nutrition		10:30 Holiday Activity		10:30 Holiday Activity				
	11:30 Hang Man		11:30 Bingo		11:30 Bingo				
29		30							
	9:30 Trivia Time		9:30 Trivia Time						Dial- in Number: (978) 990—5287
	10:00 Chair Yoga		10:00 Chair Exercise						
	10:30 Council Meeting		10:30 Council Meeting						Access Number: 8270134#
	11:30 Short Story		11:30 Short Story						