

MON	TUE	WED	THU	FRI
1 9:30 Welcome Chat 10: Chair Cardio w/ Ball 10:45 How Well Do You Know Me	2 9:30 Welcome Chat 10:00 Veterans Day Trivia 11:00 Pilates with Janice	3 9:00 Phone Pals Friends of JC Guild 10 Morning Meditation (Teleconference) 11:00 HDM	4 9:30 Welcome Chat 9:45 Walk & Talk Chat 10:30 Thanksgiving Craft	5 9:30 Welcome Chat 9:45 Walk & Talk Chat 10:30 Thanksgiving Craft
8 9:30 Welcome Chat 10:00 Fall Prevention Exercise 10:45 Veterans Day Trivia Happy Birthday	9 9:30 Welcome Chat 10:00 MCARE 101 w/ GA Cares 10:45 Chair Cardio w/ Ball Happy Birthday	10 9:00 Phone Pals Friends of JC Guild THANKSGIVING (Mt. Zion) 12:00 HDM	11 <i>CLOSED for VETERANS DAY</i>	12 9:30 Welcome Chat 9:00 Nutrition Talk w/ Open Hand 10:45 Yoga
15 9:30 Welcome Chat 9:00 Exercise and Tone & Tighten 10:30 Thank You Cards	16 9:30 Welcome Chat 9:00 Yoga- Chair Dance 10:30 Comedy Hour w/ Edna & Friends	17 9:00 Phone Pals Friends of JC Guild 10 Morning Meditation (Teleconference) 11:00 HDM	18 9:30 Welcome Chat 10:00 Mcare 101 with Martin Willis 10:45 Pilates w/ Janice	19 9:30 Welcome Chat 10:00 Chair Yoga Balance with Ashleigh Toma 10:45 How Well Do You Know Me
22 9:30 Welcome Chat 10:00 Comedy Hour w/ Edna & Friends 11:00 Pilates with Janice (Walking)	23 9:30 Welcome Chat 10:00 Thank You Cards- Mt Zion 11:00 Pilates with Janice	24 9:00 Phone Pals Friends of JC Guild 10 Morning Meditation (Teleconference) 11:00 HDM	25 <i>CLOSED for THANKSGIVING</i>	26 <i>CLOSED for THANKSGIVING</i>
29 9:30 Welcome Chat 9:45 Walk & Talk Club 10:15 Movie Day	30 9:30 Welcome Chat 9:45 Walk & Talk Club 10:15 Movie Day			

