

MON	TUE	WED	THU	FRI
	1 9:00 Inspirational Vitamin 10:00 Hidden Picture 11:00 Brain Games 11:30 ZUMBA	2 Virtual Daily Dose of Fitness Positively Resilient Self- Compassion	3 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers 11:00 Adult Coloring 12:15 Health Minute	4 9:00 Inspirational Vitamin 9:30 Word Games 10:30 Music Therapy 11:30 ZUMBA
7 Wellness Calls	8 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Site Council Meeting 11:30 ZUMBA 12:15 Health Minute	9 Virtual Daily Dose of Fitness Positively Resilient Social Connections	10 9:00 Inspirational Vitamin 10:00 Golden Growers 10:00 Nutrition 11:00 Music Therapy 12:30 Zumba	11 CENTER CLOSED Veterans Day
14 Wellness Calls	15 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Chair Baseball 11:00 Art & Crafts NCL Thanksgiving	16 Virtual Daily Dose of Fitness Positively Resilient Mindfulness	17 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers 10:30 Bingo w/ Aetna	18 Virtual Daily Dose of Fitness Current Events
21 Wellness Calls	22 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Hangman 11:00 Brain Games 12:15 Health Minute	23 Virtual Daily Dose of Fitness Positively Resilient Prioritize Positivity	24 CENTER CLOSED THANKSGIVING	25 CENTER CLOSED THANKSGIVING
28 Wellness Calls	29 9:00 Inspirational Vitamin 9:30 Morning Movie 11:30 ZUMBA 12:15 Health Minute	30 Virtual Daily Dose of Fitness Positively Resilient Crush Negative Thoughts		