

MON	TUE	WED	THU	FRI
	1 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 10:30 GA CARES / Tech Tutor w/ K 11:00 Pilates with Janice 12:00 Lunch	2 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 9:30 Core Fitness 10:00 "Shouldn't I or Should I" w/ Hurley Elder Law 12:00 Lunch	3 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 9:45 Brain Games 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	4 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Yoga 10:45 Movie Day - Elvis 12:00 Lunch 1:30 Dementia Spotlight- RSVP
7 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 10:45 Veterans Day Trivia 11:15 Daylight Saving Time Trivia 12:00 Lunch	8 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 12:00 Lunch	9 9:00 Welcome Chat & Walk & Talk 9:30 Art w/ Leslie 10:00 Yoga 11:00 Surprise Event w/ Brianna Sunrise 12:00 Lunch & Learn w/ Stern	10 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Friendsgiving w/Zion ** RSVP 12:00 Lunch *** Please find Transportation** ***por favor encuentre transporte***	11 Veterans Day
14 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 11:00 Bingo with a Medicare Twist 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	15 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation 11:00 Pilates with Janice 11:30 Tech Tutor 12:00 Lunch	16 BIRTHDAY CELEBRATION 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, & Games 9:30 Art w/ Leslee 10:00 Yoga 11:30 Birthday Celebration w/ Alliant Health 12:00 Lunch	17 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Health Minute 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	18 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 9:30 Art w/ Leslee 10:00 Chair Dance Yoga with Marissa 11:00 Petals of Love with Hospice 12:00 Lunch 1:30 Dementia Spotlight- RSVP
21 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 10: 45 Nutrition Talk w/ Open Heart 12:00 Lunch	22 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	23 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 9:30 Art w/ Leslee 10:30 Seated Volleyball 11:00 BINGO 12:00 Lunch	24 Thanksgiving Holiday	25 Thanksgiving Holiday
28 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Site Council & SNAP 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	29 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	30 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 10:00 Walking Club 9:30 Art w/ Leslee 10:00 Surprise Event w/ UPS 12:00 Lunch		