

MON	TUE	WED	THU	FRI
		1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 10:00 YouTube Exercise (VOTE) 11:00 BINGO Sponsored by WELLCARE 12:00 Lunch	2 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:45 Art w/ Leslee 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	3 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 10:00 Nutrition w/ Open Hand 11:15 Dance Yoga with Marissa 12:00 Lunch 1:30 Dementia Spotlight's Connection Café RSVP*
6 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 Move & Groove 11:00 Bingo w/ Martin Willis 12:00 Lunch	7 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch 2:00 The ABC's of Computers *RSVP*	8 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 10:00 YouTube Exercise (VOTE) 11:00 Thanksgiving BINGO Sponsored by BE 12:00 Lunch	9 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 10:00 FRIENDSGIVING **RSVP** Sponsored by Zion Baptist Church 12:00 Lunch	10 <p style="text-align: center;">Closed for the Holiday Honoring All Who Served Veterans Day</p>
13 9:00 Welcome Chat & Walk & Talk 9:15 Board Games 9:45 YouTube Exercise & Site Council 10:55 Field Trip: \$\$ El Porton Restaurant \$\$ 12:00 Lunch	14 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch 2:00 The ABC's of Computers *RSVP*	15 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 Field Trip: Buford Highway Farmers Market 12:00 Lunch	16 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:00 Art w/ Leslee 10:30 RON & FRIENDS 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	17 9:00 Welcome Chat & Walk & Talk 9:45 Strength Training 11:00 ED TALK: Thanksgiving 11:15 Dance Yoga with Marissa 12:00 Lunch 1:30 Dementia Spotlight's Connection Café RSVP*
20 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 9:45 Move & Groove 10:45 Field Trip: Walmart 12:00 Lunch	21 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch 2:00 The ABC's of Computers *RSVP*	22 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 YOGA 10:45 Movie Day 12:00 Lunch	23 <p style="text-align: center;">Closed Thursday & Friday Happy Thanksgiving Have a Wonderful Holiday!</p>	
27 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 YOUTUBE Exercise 11:00 Ed Talk: Diabetic Talk with RN Sibel 12:00 Lunch	28 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 11:40 Halloween Celebration 12:00 Lunch 2:00 The ABC's of Computers *RSVP*	29 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 Field Trip: The Outlet Shoppes at Atlanta (Woodstock) 12:00 Lunch	30 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:45 Art w/ Leslee 11:00 Health Minute 11:30 The Fitness Factory w/ Aditi 12:00 Lunch 2:00 The ABC's and 123's of Computers	