

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music <small>Daylight Saving Time Ends</small>	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Manicures 2:00 Refreshments 2:30 Art 3:30 Sing Along 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Candy Corn Ring Toss 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Kelly Almond 2:30 Art 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Bingo 2:00 Fall Trail Mix Snack 2:30 Crafts 3:30 Sing Along 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Hot Coco /Cookies 2:30 Art 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music
9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:30 Gathan Graham 11:00 Helping Hands 1:30 Manicures 2:00 Refreshments 2:30 Art 3:30 Sing Along 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Thanksgiving Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Honoring our Veterans 2:00 Refreshments 2:30 Art 3:00 Gary Parks 4:00 Stretch Flex with Music <small>Veterans Day</small>	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Bingo 2:00 Pizza Party with Traditions 2:30 Crafts 3:30 Sing Along 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Pie Baking & Tasting Party 2:30 Art 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music
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9:00 Exercise 9:30 Coffee/Chat 10:00 Trivia 11:00 Helping Hands 1:30 Whack a Noodle 2:00 Refreshments 2:30 Crafts 3:30 Kick Ball 4:00 Stretch Flex with Music	9:00 Exercise 9:30 Coffee/Chat 10:00 Finish the Sentence 11:00 Helping Hands 1:30 Manicures 2:00 Refreshments 2:30 Art 3:30 Sing Along 4:00 Stretch Flex with Music	 <h1 style="color: orange;">November 2020</h1> <h2 style="color: blue;">Happy Thanksgiving</h2> 				

ACTIVITIES ARE SUBJECT TO CHANGE!!!!