

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Healthy snack (DR) 1 10 Agility Walk (3 rd) 1 BINGO (DR) 2:15 Coffee & Chatter (DR) 3:30 Chair Yoga (2nd)	9 Chair Yoga (2nd) 2 10 Balance (3 rd) 2 Happy Hour (DR) 3:30 Fitness/Fun Walk (3 rd)	9:30 Exercise (3 rd) 3 With LaRee, PT 1:30 Cards (DR) Everyone Welcome	1:30 Movie (DR) 4 Son in-Law PG- 13 1.35 mins
1:30 Coffee Social (DR) 5	9:30 Exercise (3 rd) 6 With LaRee, PT 12:30 Knit/Crochet (2 nd)	9 Chair Yoga (2 nd) 7 10 Balance (3 rd) 1 Comedy & Magic Show (DR) Robert & Lynn Halbrook 3:30 Fitness/Fun Walk (3 rd)	9:30 Healthy snack (DR) 8 10 Agility Walk (3 rd) 1 BINGO (DR) 2:15 Coffee & Chatter (DR) 3:30 Chair Yoga (2nd)	9 Chair Yoga (2nd) 9 10 Balance (3 rd) 2 Happy Hour (DR) 3:30 Fitness/Fun Walk (3 rd)	9:30 Exercise (3 rd) 10 With Mel, OT 1:30 Cards (DR) Everyone Welcome 2:30 Men's Group (DR) Beer & Snack offered	1:30 Movie (DR) 11 A Family Thanksgiving Rated G 1.24 mins. Veterans Day Remembrance Day (Canada)
1:30 Coffee Social (DR) 12 Diwali (Hindi)	9:30 Exercise (3 rd) 13 With Mel, OT 12:30 Nails (2 nd)	9 Chair Yoga (2 nd) 14 10 Balance (3 rd) 1 Library Craft (DR) Macramé keychains 1:45 Library book/movie out/in (DR) 3:30 Fitness/Fun Walk (3 rd)	9:30 Healthy snack (DR) 15 10 Agility Walk (3 rd) 1 BINGO (DR) 2:15 Coffee & Chatter (DR) 3:30 Chair Yoga (2nd)	9 Chair Yoga (2nd) 16 10 Balance (3 rd) 2 Happy Hour (DR) 3:30 Fitness/Fun Walk (3 rd)	9:30 Exercise (3 rd) 17 With Mel, OT 10 Catholic Mass (2 nd) Father Seth All welcome! 1:30 Cards (DR) Everyone Welcome	1:30 Movie (DR) 18 Trains, Planes & Automobiles Rated R 1.45 mins
1:30 Coffee Social (DR) 19	9:30 Exercise (3 rd) 20 With Mel, OT 1 Craft (DR) Christmas Countdown Plate Part 1 of 2	9 Chair Yoga (2 nd) 21 10 Balance (3 rd) 1 Craft (DR) Christmas Countdown plate Part 2 of 2 3:30 Fitness/Fun Walk (3 rd)	9:30 Healthy snack (DR) 22 10 Agility Walk (3 rd) 1 BINGO (DR) 2:15 Coffee & Chatter (DR) 3:30 Chair Yoga (2nd)	1:30 Movie (DR) 23 An Old-fashioned Thanksgiving Rated PG 1.28 min. Thanksgiving Day (US)	NO EXERCISE CLASS 24 1:30 Cards (DR) Everyone Welcome 2:30 Men's Group (DR) Beer & Snack offered 6:30 Movie (DR) Confessions of a Shopaholic Rated PG	1:30 Movie (DR) 25 Hitch Rated PG- 13 1.58 mins
1:30 Coffee Social (DR) 26	9:30 Exercise (3 rd) 27 With LaRee, PT 12 Knit/Crochet (2 nd) 1 Pasty making (DR) Please come & help fill & crimp	9 Chair Yoga (2 nd) 28 10 Balance (3 rd) 1:30 Mo. Birthday Party (DR) with Steve Johnson 3:30 Fitness/Fun Walk (3 rd)	9:30 Healthy snack (DR) 29 10 Agility Walk (3 rd) 1 BINGO (DR) 2:15 Coffee & Chatter (DR) 3:30 Chair Yoga (2nd)	9 Chair Yoga (2nd) 30 10 Balance (3 rd) 2 Happy Hour (DR) 3:30 Fitness/Fun Walk (3 rd)	Calendar is subject to change, please check the daily white boards by elevator.	