

### Daily Activities Normally for November

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards/ Donut 9:30 Ceramics all day 9:30 Needle Crafters 11:00 Exercise Class 12:45 Hand & Foot 1:00 Mahjong 1:00 Bingo/Poker	9:00 Billiards 9:30 Painting 12:30 Duplicate Bridge 12:15 Bridge Game-2 1:00 Dominoes 1:00 Arts & Crafts Class	9:00 Chair Volleyball 9:00 Billiards 9:00 Painting Group 9:00 Hand and Foot 11:00 Tai Chi 12:00 Skip Bo 1:00 Bingo 1:00 Poker	8:00 Woodcarvers 8:30 Panera 9:00 Billiards 10:00 Bridge Game 2 12:30 Bridge Game 1 1:00 Bunco/Euchre 1:00 Quilters	9:00 Chair Volleyball 9:00 Billiards/Panera 9:30 Painting / Drawing 11:00 Tai Chi 12:00 Skip Bo 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts

### Things to be thankful for .....

Monday	Tuesday	Wednesday	Thursday	Friday
2 Not waking up to an alarm clock 	3 A Hot drink on a chilly morning 	4 The beauty in the changing seasons 	5 Family 	6 Photos that bring back memories 
9 A long bubble bath 	10 Old friends and making new friends Thank you for being my friend! 	11 Center Closed 	12 Hearing your favorite song on the radio 	13 Seeing your grandchildren 
16 Seeing the sunrise 	17 Seeing the sunset 	18 Your Pet 	19 Finding something you thought you lost 	20 Comfortable clothes 
23 A hot shower 	24 A meal someone else made for you 	25 Spending holidays with family and friends 	26 Center Closed 	27 Center Closed 
30 Pay Days 	Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041			