

N
O
V
E
M
B
E
R

SUN	MON	TUE	WED	THU	FRI	SAT
		<p>1</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/3Click 1:00p- Knitting Club 4:00p- Happy Hour</p>	<p>2</p> <p>8:00a- Continental Breakfast 9:00a- Yoga Flow w/Mary 11:00a- Cardio, Strength and Stretch 1:00p- Cooking w/Genevieve 1:00p- 500 Club 2:30p- \$1 a Min. Massage w/Ellen</p>	<p>3</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/Denise 11:00a- MissFit Fitness (virtual) 12:00p- Tai Chi 1:00p- Bridge Club 4:00p- Happy Hour</p>	<p>4</p> <p>8:00a- Continental Breakfast-hot 11:00a- Cardio, Strength, and Stretch 1:00p- Hand & Foot 1:00p- Creative Writing Group</p>	<p>5</p> <p>8:00a- Continental Breakfast 9:00a- Yoga 5:00p- Jam Session</p>
<p>6</p> <p>10:00a- Nordic Walking 12p- Vikings vs. Commanders- pizza 6:00p- Cribbage</p>	<p>7</p> <p>8:00a- Continental Breakfast 9:00a- Yoga w/Mary 11:00a - MissFit Fitness (virtual) 1:00p- Mahjong 4:00p- Poker 6:00p- Puzzle Club</p>	<p>8</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/3Click 12:00p- Gym Equipment Orientation 1:00p- Knitting Club 4:00p- Happy Hour</p>	<p>9</p> <p>8:00a- Continental Breakfast 9:00a- Yoga Flow w/Mary 11:00a- Cardio, Strength and Stretch 1:00p- Art w/Denise 1:00p- 500 Club 2:30p- \$1 a Min. Massage w/Ellen</p>	<p>10</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/Denise 11:00a - MissFit Fitness (virtual) 12:00p- Tai Chi 1:00p- Bridge Club 4:00p- Happy Hour</p>	<p>11</p> <p>8:00a- Continental Breakfast 11:00a- Cardio, Strength and Stretch 1:00p- Hand & Foot 1:00p- Creative Writing Group</p>	<p>12</p> <p>8:00a- Continental Breakfast 9:00a- Yoga 5:00p- Jam Session</p>
<p>13</p> <p>10:00a- Nordic Walking 12:00p- Vikings vs. Bills: potluck 5:00p- Bargo 6:00p- Cribbage</p>	<p>14</p> <p>8:00a- Continental Breakfast 9:00a- Yoga w/Mary 11:00a- MissFit Fitness (virtual) 1:00p- Mahjong 6:00p- Puzzle Club</p>	<p>15</p> <p>\$5 Movie Tuesday 8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/3Click 1:00p- Tech Help 1:00p- Knitting Club 4:00p- Happy Hour</p>	<p>16</p> <p>8:00a- Continental Breakfast 9:00a- Yoga Flow w/Mary 12:00p-5:00p - Sip and Shop 1:00p- 500 Club 2:30p- \$1 a Min. Massage w/Ellen</p>	<p>17</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/Denise 11:00a- MissFit Fitness (virtual) 12:00p- Tai Chi 1:00p- Bridge Club 4:00p- Happy Hour National Baklava Day</p>	<p>18</p> <p>8:00a- Continental Breakfast- hot 11:00a- Cardio, Strength, and Stretch 1:00p- Hand & Foot 1:00p- Creative Writing Group 6:00p- Resident Led Board Games</p>	<p>19</p> <p>8:00a- Continental Breakfast 9:00a- Yoga 2:00p- Book Club: American Dirt by Jeanine Cummings 5:00p- Jam Session</p>
<p>20</p> <p>10:00a- Nordic Walking 3:25p- Vikings vs. Cowboys: potluck 6:00p- Cribbage</p>	<p>21</p> <p>8:00a- Continental Breakfast 9:00a- Yoga w/Mary 11:00a- MissFit Fitness (virtual) 12:00p- Balance/Fall Prevention 1:00p- Mahjong 4:00p- Poker 6:00p- Puzzle Club</p>	<p>22</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/3Click 1:00p- Knitting Club 4:00p- Happy Hour: Thanksgiving</p>	<p>23</p> <p>8:00a- Continental Breakfast 9:00a- Yoga Flow w/Mary 11:00a- Cardio, Strength and Stretch 1:00p- Crafts w/Denise 1:00p- 500 Club</p>	<p>24</p> <p>THANKSGIVING Team Holiday</p>	<p>25</p> <p>Team Holiday 1:00p- Hand & Foot 1:00p- Creative Writing Group</p>	<p>26</p> <p>8:00a- Continental Breakfast 9:00a- Yoga 5:00p- Jam Session</p>
<p>27</p> <p>10:00a- Nordic Walking 6:00p- Cribbage</p>	<p>28</p> <p>8:00a- Continental Breakfast 9:00a- Yoga w/Mary 11:00a- MissFit Fitness (virtual) 1:00p- Mahjong 6:00p- Puzzle Club</p>	<p>29</p> <p>8:00a- Continental Breakfast 8:00a- Morning Inspiration 9:45a- Strength Training w/3Click 1:00p- Knitting Club 4:00p- Happy Hour 5:00p- Thailand : Beyond the Beaches w/Cathy Kurtz</p>	<p>30</p> <p>8:00a- Continental Breakfast 9:00a- Yoga Flow w/Mary 11:00a- Cardio, Strength and Stretch 1:00p- Art w/Genevieve 1:00p- 500 Club 2:30p- \$1 a Min. Massage w/Ellen</p>			

