



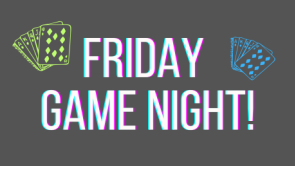




NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Stretch & Relax (HWC) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 	2 9:00 Dance Fitness (HWC) 9:30 Women's Coffee & Manicures (HI) 2:00 Knit & Crochet (HI) 	3 5:00 Dinner Special (MR) 6:30 Puzzles (Lib)	4 6:00 Games (HI)
5 6:00 Games On your own (HI)	6 9:00 Ex. on own (HWC) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 6:00 Dominoes/Cards (HI)	7 9:00 Kroger (LB) 2:30 Leaf Bowl Craft (HI)	8 Waffle Wed 8:30-10:30 am Veteran's Celebration Marguerite's Restaurant 9:00 Stretch & Relax (HWC) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI)	9 Drug Take Back 9-12pm 9:00 Dance Fitness (HWC) 9:30 Women's Coffee & Manicures (HI) 2:00 Bingo w/ Interim (HI) 2:00 Knit/Crochet (HI) 6:00 Euchre/Pinochle (HI)	HOLIDAY BAZAAR FRIDAY, NOVEMBER 10 9 AM - 4 PM SATURDAY, NOVEMBER 11 9 AM - 3 PM	
12 6:00 Games On your own (HI)	13 9:00 Cardio Ex. (HWC) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 6:00 Dominoes/Cards (HI)	14 9:00 Kroger (LB) 1:30 Resident Assoc (MR)	15 Camo Day Wear your favorite Camo 9:00 Stretch & Relax (HWC) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI)	16 9:00 Dance Fitness (HWC) 9:30 Women's Coffee & Manicures (HI) 12:00 Birthday Dinner (MR) 1:30 Bday Entertain (CH) 2:00 Knit & Crochet (HI)	17 9:00 Strength Ex. (HWC) 2:30 Strength & Balance (HWC) 4:00 Riverbank Theater (LB) 5:00 Dinner Special (MR) 6:30 Puzzles (Lib)	18 6:00 Games (HI)
19 6:00 Games On your own (HI)	20 9:00 Cardio Ex. (HWC) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 6:00 Dominoes/Cards (HI)	21 9:00 Kroger (LB) 2:30 Art Class (HI)	22 9:00 Stretch & Relax (HWC) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 	23 	24 6:30 Puzzles (Lib) 	25 6:00 Games (HI)
26 6:00 Games On your own (HI)	27 9:00 Cardio Ex. (HWC) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 6:00 Dominoes/Cards (HI)	28 9:00 Meijer (LB)	29 9:00 Stretch & Relax (HWC) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI)	30 9:00 Dance Fitness (HWC) 9:30 Women's Coffee & Manicures (HI) 2:00 Knit & Crochet (HI) 