

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Exercise Manicures & Hand Massages 10:30 Shopping at Community Threads Kickball Circle 2:45-3:45: Tender Heart	1 Exercise Manicures & Hand Massages 10:30 Shopping at Community Threads Kickball Circle 2:45-3:45: Tender Heart	2 Exercise Whiteboard Games Sorting & Folding Craft-Scented Sachets Get up & Move	3 Exercise 10:45 Bible Study w/Goodie 12:00 Lunch Bunch Bingo Movie & Popcorn Social Calls	4 Exercise Whiteboard Games Food Demo- Turkey Donut Get up & Move	5 Exercise Tea Time Bingo DIY Centerpieces w/Beth Thankful Trees Walking Club	6 Exercise Spa Day & Self-Care Bean Bag Toss Music & Dancing	
Exercise Music & Puzzles Jewelry-Making Get up & Move 	7 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart 5:00 Dance at Burton Senior Ctr	8 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart 5:00 Dance at Burton Senior Ctr	9 Exercise 11:00 Outing to Flint Farmer's Market Sorting & Folding Craft-Veteran's Day Jars Get up & Move	10 Exercise 10:45 Bible Study w/Goodie Bingo Movie & Popcorn	11 Exercise Whiteboard Games Food Demo-Patriotic Dessert 2:00 Entertainment by Daniel Fegan <small>Veterans Day Remembrance Day (Canada)</small>	12 Exercise Tea Time Bingo Gardening Walking Club	13 Exercise Spa Day & Self-Care Bean Bag Toss Music & Dancing
Exercise Music & Puzzles Armchair Travel to Munich Get up & Move	14 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart	15 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart	16 Exercise Whiteboard Games Sorting & Folding Craft-Quirky Turkey Get up & Move	17 Exercise 10:45 Bible Study w/Goodie 11:15 Art a la Cart @ FIA Bingo Movie & Popcorn	Mickey Mouse's 18 Birthday Exercise Whiteboard Games- Disney Characters Food Demo- No Bake Pumpkin Bites Get up & Move	19 Exercise Tea Time Bingo Gardening 12:15 Volunteer @ Mueller's Orchard Walking Club	20 Exercise Spa Day & Self-Care Bean Bag Toss Music & Dancing Social Calls
Exercise Music & Puzzles Jewelry-Making Get up & Move	21 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart 5:00 Dance at Burton Senior Ctr	22 Exercise Manicures & Hand Massages Kickball Circle 2:45-3:45: Tender Heart 5:00 Dance at Burton Senior Ctr	23 Podiatrist Here Exercise Whiteboard Games Sorting & Folding 2:00 Entertainment by Greg Zaffiroff Social Calls	24 Exercise 10:45 Bible Study w/Goodie 11:15 Art a la Cart @ FIA Bingo Thanksgiving Day Parade Reminisce	25  <small>Thanksgiving Day</small>	26 	27 Exercise Spa Day & Self-Care Bean Bag Toss Music & Dancing
Exercise Music & Puzzles Hanukkah Trivia Get up & Move Social Calls  <small>Hanukkah Begins</small>	28 Exercise Manicures & Hand Massages 10:30 Shopping at Target Massages Kickball Circle 2:45-3:45: Tender Heart	29 Exercise Manicures & Hand Massages 10:30 Shopping at Target Massages Kickball Circle 2:45-3:45: Tender Heart	30 Exercise Sorting & Folding Craft-Clay Porcupine Get up & Move				

All activities are subject to change