

November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu and Activities are subject to change				1	2
3	4 Senior Lunch 12pm Lasagna/Salad Cards 12:30	5 Election Day-No Euchre Senior Fitness 10am Donuts/Coffee 10:30am Cardio Drumming 6pm In Multipurpose Room	6 Wrestlefit-\$10 fitness gam Chair Volleyball 1p	7 Senior Lunch 12pm Chicken/Potatoes/Green Beans Cards 12:30pm Cardio Drumming 4pm	8 Hot Chocolate social 1pm	9
10	11 Closed for Veterans Day	12 Senior Fitness 10am Donuts/Coffee 10:30am Euchre 5pm Cardio Drumming 6pm	13 Wrestlefit-\$10 Fitness gam Chair Volleyball 1p	14 Senior lunch 12pm Meatballs Brown Gravy /Sides Senior Cake Class 3p-4p Cardio Drumming 4pm	15 Movie OCC 12pm Bring a lunch!	16
17	18 Senior lunch 12pm Chicken Noodle Soup/Sandwich Cards 12:30pm Alzheimer's Teaching 12:30p Know the 10 Warning Signs	19 Senior Fitness 10am Donuts/Coffee 10:30am Euchre 5pm Cardio Drumming 6pm	20 WrestleFit-\$10 fitness gam Chair Volleyball 1pm Senior Canvas Paint 3p-5p	21 Senior lunch 12pm Turkey and Sides Cards 12:30pm Cardio Drumming 4pm	22 Mystery Lunch leave @11am	23
24	25 Senior lunch 12pm Chicken Parmesan/Fettucine Cards 12:30pm	26 Senior Fitness 10am Donuts/Coffee 10:30am Euchre 5pm Cardio Drumming 6pm	27 Wrestlefit-\$10 fitness ga Chair Volleyball 1pm	28 Closed for Thanksgiving	29 For: Senior transportation Senior activity, lunch signup, food pantry Call:614-496-6119	30